

fusion!

one membership, three clubhouses, three distinct experiences

january-february 2018 issue



*Wishing All A
Happy Lunar
New Year!*



LUNAR NEW YEAR 2018 OPERATING HOURS AT CSC



	Thur, 15 Feb Eve of CNY	Fri, 16 Feb 1 st day of CNY	Sat, 17 Feb 2 nd day of CNY	Sun, 18 Feb 3 rd day of CNY
Corporate Office & Clubhouse Office	Closed at 1pm	Closed		
Front Office	Closed at 4pm	Closed	Open as Usual	
Swimming Pool	Closed at 4pm	Closed	Open as Usual	
Badminton, Table Tennis & Tennis Courts	Closed at 4pm	Closed	Open as Usual	
Gold Mine (Jackpot Room)	Closed at 4pm	Closed	Open as Usual	
Planet Bowl	Open as Usual			
Pisces KTV	Closed	Open at 6pm		Open at 2pm
Qian Xi Restaurant	Open as Usual			
Ground Up	Open as Usual			
Khus Gymnasium	8am - 6pm	Closed	Open as Usual	
Café @ Poolside	8am - 4pm	Closed	Open as Usual	
Café @ Planet Bowl	Open as Usual			
Vyasa Yoga	8am - 4pm	Closed		Open as Usual
Futsal	Open as Usual			
Alpha Bowl	Closed			
Shitoryu Karate	Closed			10am - 1.30pm
Club Facilities and Front Office	Open until 4pm	Closed	Open as Usual	
Hilltop Garden Restaurant Pte Ltd	10am - 10pm			
Westwood Bowl	8.30am - 2am		8.30am - 3am	8.30am - 1am
Treasure Cove (Jackpot Room)	Open until 4pm	Closed	Open as Usual	
F1 Gym Recreation Management Pte Ltd	7.30am - 10pm	7.30am - 8pm		
Poolside Café cum handicraft work	Closed			
Thinkel Pte Ltd	Closed			
The Ultimate Pte Ltd	Closed			
Artzone	Closed			
Strikeline Pro Shop (Bowling)	11am - 6pm	Closed		
8 Degree KTV Lounge	7pm - 1am	5pm - 1am		3pm to 2am
Glow Hairspa	10am - 5pm	Closed		
Dad's Corner	Closed			
Brilliant Kids Learning Cove	7am - 2pm	Closed		
Appetizer	10am - 1am	9am - 1am	9am - 10pm	
Club Front Office	Open until 4pm	Closed	Open as Usual	
Club Facilities: Swimming Pool & Tennis	Open as Usual			
Check-in Office	8.30am - 10.30pm		Open as Usual	
Chalets & Villas	Open as Usual			
Lucky 88 (Jackpot Room)	Closed at 4pm	Closed	Open as Usual	
Changi Resort Bowl	9.30am - 3am	8.30am - 3am		8.30am - 1am
Bistro Bowl Café	9am - 1am		9am - 11pm	
Trinity Bowl (Pro Shop)	12noon - 4pm	Closed		
8 Degree (KTV Lounge)	7pm - 1am	5pm - 1am		3pm - 2am
Meyer House Restaurant & Bar, Hornbill Café	11.30am - 11pm		Open as Usual	
Pondok Curame Indonesian Restaurant	11.30am - 2.30pm (Lunch) & 6pm - 10pm (Dinner)			



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fusion!
Jan-Feb 2018 Issue

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CSC @ Tessensohn

60 Tessensohn Road
Singapore 217664
T: 6294 8933

CSC @ Changi

2 Netheravon Road
Singapore 508503
T: 6709 4709

CSC @ Bukit Batok

91 Bukit Batok West Ave 2
Singapore 659206
T: 6513 7480

Corporate Services

Membership Matters

T: 6514 3637 (Goh Chong Chen)
T: 6391 5615 (Ricky Ng)
membership@csc.sg

Sports Activities

T: 6391 5619 (Samantha Fok)

Social Activities

T: 6391 5613 (Samantha Chin)
T: 6391 5607 (Onn Hai Ming)
T: 6391 5624 (Kua Gek Cheng)
T: 6391 5641 (Vanessa Choo)
T: 6391 5620 (Serene Cho)

events@csc.sg

For details on CSC's tenants at the 3 Clubhouses, please visit:

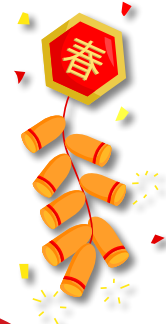
<http://www.csc.sg/>

Civil Service Club

feedback@csc.sg



Dear Members,



“2017, has been an exciting year for the Club, as all the planned infrastructure upgrades and social activities were executed successfully. With the closing of 2017, I would like to take this opportunity to wish you and your family happiness, good health and great success in 2018.

INFRASTRUCTURE/ FACILITIES UPGRADE

CSC@Bukit Batok

Mobility Convenience: In 2017, the Club focused on the upgrading of CSC@ Bukit Batok. It was built about a decade ago and needed some sprucing up to revitalise the Clubhouse. The entrance façade of the Clubhouse was refreshed with more visible and lighted signage. An all-weather walkway was built to enable members ease in pushing prams, wheelchairs and even strolling along the walkway from the main entrance to the Clubhouse. The walkway leading from the lift of Blk C to the treehouses was paved with interlocking tiles to facilitate movement, with more seats placed around the treehouses and BBQ pits retiled.

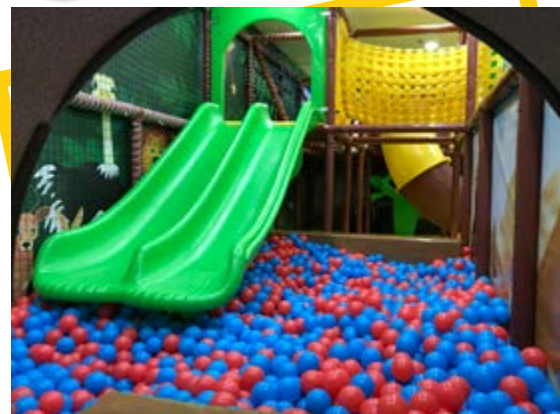
Bowling Centre Upgrade: As the key attractions of CSC@Bukit Batok are the bowling centre and the swimming pool complex, their associated facilities, such as the toilets and changing rooms, have also been renovated. The bowling centre café was modernised and offers a modern display counter and cosier dining area. To enhance the bowling experience, the centre has installed the Specto Ball Tracking system for bowlers to improve their bowling skills. This tracking system is also incorporated into Planet and Resort Bowl.

Swimming Pool Facilities Upgrade:

Three all-weather shelters were built around the swimming pool complex to enable swimmers to take refuge during inclement weather. The swimming pool changing rooms have been extensively upgraded and members will feel the difference in ambience as they walk down the walkway leading to the changing rooms. The sound of the cascading waterfall, the sight of the Ficus Bonsai trees and the feature wall will soothe you both before and after your swim. The common area is air-conditioned, with a water dispenser, weighing scale and indoor garden. There is even a family shower room for the convenience of parents to shower with their children. Members are encouraged to go to CSC@Bukit Batok to experience these improved swimming pool facilities.

Children's Playroom: We have also rezoned the facilities in the Clubhouse. The lounge cum Karaoke had been relocated to L3-Blk C, while the children's indoor playroom and the party room have been relocated to L3-Blk B. The new indoor children's playroom is bigger and has more play features.

Enhanced Directional Signage: With the rezoning of the facilities, the Clubhouse signage is in the process of being refreshed for a wayfinding experience.



CSC@Tessensohn

Façade Makeover: Over the next few months, we will focus on CSC@ Tessensohn, as we embark on upgrading the façade of the Clubhouse which is more than 27 years old. This will be another extensive project that will commence after the Lunar New Year and be completed in Oct/Nov 2018. This upgrading may mean more dust and noise during this time, and we seek the understanding of our members as we transform the look and feel of CSC@ Tessensohn to a modern town club.

CSC@Changi

Pedestrian Walkway: A new pedestrian path will be built linking the main road to the Clubhouse. This will enhance the safety of our members when they transit from the main road to the Clubhouse without having to use the main gate that



The sound of the cascading waterfall, the sight of the Ficus Bonsai trees and the feature wall will soothe you both before and after your swim.

is meant for cars to exit.

New Chalet Offerings: The main focus of the Clubhouse over the past few months and the next few months has been to work out the details to acquire a new line of chalets for our members and public service officers. A total of 85 chalets will be added to our current stable of 23 units to form 108 units. We will start to operate these chalets from 1 April 2018. The Club will seek to progressively up the chalet experience for all these chalets so they are consistent with the quality associated with our CSC-brand. More information will be provided in the next issue of Fusion magazine.

SOCIAL ACTIVITIES

Xmas Fiesta: Over the past one month, the Club was buzzing with a string of social activities. We organised activities for family bonding, children's enrichment programmes, a children's camp as well as activities for the adults. Changi Clubhouse partnered TruEvents to organise a Xmas Fiesta at the lawn and BBQ pavilion area, which was organised over 2 weekends. There were food and drink stalls, stalls selling health supplements and knick knacks, a renowned chef's cooking demonstration with proceeds going to charity and other performances.

Children's Christmas Party: The Children's Christmas Party saw a huge turnout of more than 120 children having a fun time soaking in the programme, activities and goodies arranged for them. Every child that day was a winner as they went home with door gifts, lucky draw prizes, balloon sculptures and participation prizes. The Club also invited 21 children from Hougang Sheng Hong Student Care Centre to join in the Christmas cheer.

CSC Countdown Party: The highlight of 2017 social activities was the CSC Annual Count down Party. It was held at Pan Pacific Hotel on the 31 Dec 2017. All the tickets were snapped up and like in

previous years, participants had a great time enjoying the sumptuous food, great entertainment, the fabulous lucky draw prizes and most importantly the chance to usher in 2018 as one big family. More details will be posted in the next issue of Fusion magazine.

We have plenty in store over the next 2 months, given that it coincides with the Lunar New Year festive period.

Lunar New Year Bazaar: The Annual Lunar New Year Bazaar cum grand lucky draw held at CSC@Tessensohn on 3 Feb 2018 is a must attend event for members and their family. There will be activities for both young and old. There will be more than 40 bazaar booths selling Lunar New Year goodies, a free movie screening, fengshui talk, children's activities, cooking demonstration, stage performance and of course free goodie bags for members, while stocks last. The highlight of the day will be the members' grand lucky draw with prizes totalling \$26,880.

Lunar New Year Lohei Dinner: Any Lunar New Year celebration is incomplete without a Lohei dinner to usher in good luck, wealth and prosperity. This year it will be held at Qian Xi Diamond Ballroom at CSC@Tessensohn on the 22 Feb 2018. The tables were fully booked! There will be door gifts, entertainment, lucky draw and a sumptuous 8-course sit down dinner plus lohei yusheng. Come dress in your auspicious colours to compete in the best dressed couple competition.

Doggie Show: As this year is the year of the Dog, the Club will be organising a Dog Show at CSC@Tessensohn - Badminton Hall. This is the first time we are partnering Singapore Kennel Club to stage this show. There is a wide range of doggie activities, from obedience trials, champion dog shows, to fun contests such as Doggie Dash, Best Costume and Waggiest Tail for our members' dogs. So, to the members who have dogs, this is a one-time chance to bring your doggie to the Club to have fun.

INFORMATION TECHNOLOGY

Throughout the year, the Club is progressively integrating the Club's Management System to enable it to function seamlessly. We have beefed up our IT system against cyberthreats and have built in mirror redundancy, in case the system is hacked.

Sports Portal: The Sports Portal has been revamped. It will be more user friendly for the Sports Liaison Officers (SLOs) as it will be more responsive and mobile friendly. The new portal will be integrated with the CSC App. This will allow greater participation from public service officers in the STAR Games through their SLOs, as they can also register through their mobile platforms.

CMS Events Booking System: Event bookings have been fully integrated with the Club Management System. Members can now book through their mobile platform, unlike the past where the booking system could only be done via PC using an Internet Explorer browser.

Cashless Payment: Earlier this year the Club introduced mobile payment payWave, Apple Pay, Samsung Pay at all the Clubhouses. Now the Club's Nets Terminal will be QR-code enabled. The unified QR code payment platform will allow members to make payment using NETSPay.

Members Free WIFI: This has been upgraded from 250 Mbps to 1 Gbps so that members can enjoy even faster WIFI speed when surfing the net.

We would like to take this opportunity to welcome Daniel Lim as the Marcomm Manager of the Club, effective 4 Dec 2017. With his vast experience in marketing communications, we are looking forward to improve on our channels of communication to the public service officers and the branding of the club.



With a year of notable accomplishments to look back on and a year of challenges ahead, we are confident that Civil Service Club will continue to evolve to achieve its vision of being a premium Club for public service officers to bond, socialise and interact.

On this note, I wish you and your loved ones a Merry and Joyous Christmas and a very Happy New Year.



TEAM UP WITH US

At CSC, we're all about building bonds.

Beyond being a great place for family and friends to relax and have fun, we design team-building activities for private companies and government agencies that are customised to your precise needs. With three clubhouses packed with facilities from rock-climbing walls and swimming pools to fitness and function rooms, we have everything you need for a successful event.

FROM PLANNING TO EXECUTION, WE DO IT ALL.

Take care of logistics.

LOGISTIC

ORGANISE

Organise and execute the event on site.

DEVELOP

Develop a comprehensive team-building package designed to meet your objectives.

Contact Samantha at 6391 5613 or samanthachin@csc.sg to kick off your next team-building experience!

AND WE OFFER A WIDE RANGE OF EVENTS THAT CATER TO DIFFERENT INTERESTS:

- GPS Amazing Race App Game
- LEGO challenges
- Hands-on cooking class or cooking demonstrations
- Enrichment workshops
 - Fitness classes
 - Nature walks
- Water-telematches

ATTENTION: ALL CAR OWNERS

With effect from 1 Jan 2018, the Club will be issuing a new car decal to all our members with registered vehicle.

Please proceed to our Front Office to exchange your old car decal.

NEW CAR DECAL
Effective 1 Jan 2018



OLD CAR DECAL



FREE monthly inhouse movie screenings at our newly renovated Auditorium at CSC @ Tessensohn!



Kong Skull Island*
26 Jan '18, 7pm



Lucky Star (2015)*
3 Feb '18, 10am

*Visit www.csc.sg/events for the current screenings and aim to catch a different blockbuster every month.



HUAT 'N'
HAPPENING
AT CSC

EVENTS AT A GLANCE

10AM – 3PM

**Shopping Spree
at LNY bazaar**

@L3 Diamond Ballroom

10AM – 11.30AM

Free movie screening

@L3 Auditorium

10AM – 12PM

Authentic TCM Guasha

@L4 Function Room

10:30AM – 11:30AM

Children's

Colouring Contest

@L4 Function Room

11.45AM – 1.30PM

Fengshui Talk

@L3 Auditorium

12PM – 2PM

Children's

Balloon Workshop

@L3 Diamond Ballroom

1PM – 2PM

Children's Magic Workshop

@L3 Diamond Ballroom

2PM – 5.30PM

Chef Lisa Workshop

@L3 Tessa Kitchen

金犬贺岁迎新年

LUNAR NEW YEAR

✿ **BAZAAR** ✿

CSC @ TESSENSOHN
LEVEL 3 DIAMOND BALLROOM

**SATURDAY, 3 FEBRUARY 2018
10AM – 3PM**

FREE ADMISSION

MEMBERS' FESTIVE DRAW!

Level 3, Auditorium at 3.30pm

Prizes worth a total of

\$26,880*



**MORE THAN
30 STALLS
OF CNY GOODIES**

Every \$20 spent
collectively at any stall
entitles you to
**A LUCKY DIP FOR
A CHANCE TO
WIN PRIZES**

**FREE
GOODIE BAG**

• Goodie bag redemption for
CSC members only • Present
your CSC membership card
for redemption. • Strictly 1
redemption per member with 1
valid CSC membership card.
• Member must be present to
redeem the goodie bag. • Goodie
bag redemption is only available
on 3 Feb '18. Other T&Cs apply.
While stocks last.

*Terms & Conditions

- The draw will be conducted at Civil Service Club at Tessensohn Clubhouse Auditorium Level 3, 60 Tessensohn Road, Singapore 217664 on Saturday, 3 February 2018 at 3.30pm.
- Only Club Members are eligible for the Draw.
- One lucky draw coupon will be given for every \$50 spent in a single receipt at any of the three Clubhouses for usage of facilities, sign-up for activities (non-tenanted) and payment of membership fees. Only applicable for full payments made during the qualifying period.
- The qualifying period is from 15 November 2017 to 2 February 2018 at 11pm. Lucky Draw coupons must be deposited at the respective Clubhouses by 11pm on 2 February 2018 or latest by 12noon on 3 February 2018 at

Tessensohn Clubhouse. Incomplete particulars will be considered null and void.

- The winner must produce membership card for verification without demand. Membership must be valid on the date of the draw.
- Only original lucky draw coupons are accepted.
- There will be no restriction on the number of prizes a member may win.
- Winners must be present in person at any of the three Clubhouses when the draw is conducted, failing which another winner will be drawn. The Club reserves the right to amend or withdraw any terms and conditions without prior notice.
- The Club's decision on all matters relating to the draw shall be final and no correspondence will be entertained.
- Name of Winners will be publicised in the Club's Fusion Magazine.

LUNAR NEW YEAR HIGHLIGHTS

Saturday,
3 February 2018



CSC @ Tessensohn

CNY TEMPOFIIT AND ZUMBA TRY-OUT

Bewarned, the season of calorie-laden pineapple tarts and kueh lapis is just around the corner! To help you more than break a sweat is this special try-out comprising 30 minutes each of TEMPOfiit and Zumba.

TEMPOfiit which stands for Fun Interactive Intermittent Training to the tempo of workout music is uniquely designed to target concern areas namely, abs (or lack of), the arms and the thighs. This is rounded off by half-hour of Zumba heart-pumping routine to boost endurance, strength and cardio. Get into action and sign up now!

Date: Sat, 3 Feb '18
Time: 10am – 11am
Fees: Member \$3, Public Officer \$9, Guest \$12
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register By: 25 Jan '18
Venue: L4, Function Room

REEL TIME!

Enjoy a movie screening on the house in the comfort of our recently-refurbished auditorium.

Catch Lucky Star 2015, a classic Lunar New Year Comedy whose cast includes Hong Kong's king of comedy Eric Tsang, Wong Cho-lam, Ella Chen from Taiwanese band S.H.E, Dada Chan, King Tan Yuen and Yuen Qiu.

Date: Sat, 3 Feb '18
Time: 10am – 11.30am
Venue: L3, Auditorium



AUTHENTIC TCM GUASHA: ACUPOINT WORKSHOP

Guasha therapy involves scraping the skin with a smooth edge to produce light bruising that in turn helps to regulate body functions and restore homeostasis.

Come to the Acupoint Workshop to learn more about this unique form of therapy and how it can impact one's internal health and the acupoints of each meridian line. Also pick up some DIY self-acupoint tips for inner self-maintenance and wellness.

One lucky participant will be picked to experience our award-winning TCM Guasa therapy. It could be you, so sign up today!

Date: Sat, 3 Feb '18
Time: 10am – 12pm
Fees: Member \$10, Public Officer \$12, Guest \$15 (inclusive of lunch bento box)
Contact: Vanessa at 6391 5641 or email vanessachoo@csc.sg
Register by: 23 Jan '18
Venue: L4, Function Room



USHER IN A SMOOTH AND PROSPEROUS NEW YEAR WITH FENG SHUI

Start the year right by creating strong auspicious energy around yourself. Through easy-to-follow Feng Shui applications with Yuan Zhong Siu, tap on advantageous positions at home and at work, boost career success through Feng Shui insights, enhance fortune luck and empower yourself by mitigating negative energies.



Master Ang



A Member of New Trend Lifestyle Group Pte Ltd

Date: Sat, 3 Feb '18
Time: 11.45am – 1.30pm
Venue: L3, Auditorium

CSC 2018 BOUNTIFUL SPRING REUNION WORKSHOP

What better way to start the new year than to let well-renowned Chef Lisa spring her tasty surprises on you, from the exotic Sesame Dressing Lo Hei, a luxurious Soup Broth to an auspicious Treasure Pot.

狗想事成

Gou Xiang Shi Cheng "Lo Hei"

A luxurious plate of yusheng filled with jellyfish, surf clams, smoked duck and golden crab crackers, tossed generously in special sesame sauce.

岁岁平安 Sui Sui

Píng'ān Soup Broth

A soup broth made with a special meat mince and enhanced with a drizzle of wine guaranteed to send your saliva glands on overdrive.

招财进宝

Zhāo Cái Jìn Bao Treasure Pot

A treasure pot of premium ingredients including dried abalone, fish maw and dried scallops braised in a light, flavourful shark's fin bone broth to help usher in the auspicious new spring.

Date: Sat, 3 Feb '18
Time: 2pm – 5.30pm
Fee: Member \$25, Public Officer \$30, Guest \$32
Contact: Gek Cheng at 63915624 or kuagekcheng@csc.sg
Register by: 24 Jan '18
Venue: L3, Auditorium

Partners:



CNY COLOURING COMPETITION

If your child loves working with colours and wields his colour pencils to good effect, here's your chance to indulge him while grooming and showcasing his talent. Who knows he might just win one of the attractive prizes.

Open to all aged 4 to 8. Colouring paper will be provided and only coloured pencils are allowed.

Date: Sat, 3 Feb '18
Time: 10.30am-11.30am
Fees: Member's child \$3, Public officer's child \$6, Guest's child \$9
Contact: Vanessa at 6391 5641 or email vanessachoo@csc.sg
Register by: 22 Jan '18
Venue: L4, Function Room

FIRST PRIZE: \$60 voucher
SECOND PRIZE: \$40 voucher
THIRD PRIZE: \$20 voucher

PLUS: FREE goodie bag for all participants

MAGIC WORKSHOP

FREE FOR ALL

"Those who don't believe in magic will never find it." ~ Roald Dahl, author

Well, come let your child learn how to do magic and go home with magical moments from the experience.

Date: Sat, 3 Feb '18
Time: 1pm – 2pm
Venue: L3, Diamond Ballroom

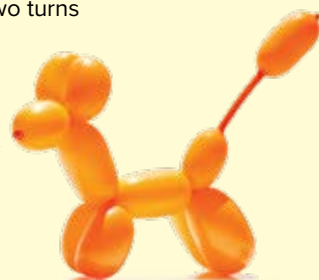
BALLOON WORKSHOP

FREE FOR ALL

Balloon sculpting never fails to delight, regardless of age. One twist here, two turns there... within seconds, appearing before the eyes will be a heart, a sword, a flower, a dog and more.

Come catch the skillful balloon sculptors at work; not only that, they will gladly teach you a trick or two too if you are keen.

Date: Sat, 3 Feb '18
Time: 12pm – 2pm
Venue: L3, Diamond Ballroom



FREE ICE-CREAM

- 1 coupon per person
- First-come-first-serve basis
- While stocks last

FREE CUP CORN

- 1 coupon per person
- First-come-first-serve basis
- While stocks last

FREE CHUNLIAN COUPLET

- 1 coupon per person
- First-come-first-serve basis
- While stocks last

HOURLY BAZAAR DRAW

Name _____
 NRIC _____
 Contact No. _____

Timing of Draws: 11am, 12pm, 1pm, 2pm
Venue: Diamond Ballroom
Prizes: To be collected by 2pm at the stage



CSC @ Tessensohn

ONE-STOP CNY BAZAAR

10am to 3pm @ Diamond Ballroom

**MORE THAN 30 STALLS OFFERING
SPECIAL PRICES!**



PRIZES INCLUDE:

Abalone, Mandarin Oranges, OTO
 Back Massager, Bak Kwa, Cookies
 and many more! (While stocks last)

Terms and conditions apply.

HOW TO PARTICIPATE?

Spend \$20 at any of the CNY Bazaar
 booth for a Sure-Win Lucky Dip



13 Honey



Ah Hua Kelong



Arkon



Gano Well



Helios Snacks



Huskware



Joy Marketing



Shi Le Po



Teeiooi Salted
Egg Yoke Snacks



Wishing Well Zen
Crafted Novelties



Woodyou



DOGS FOR SHOW SUNDAY, 4 FEBRUARY 2018

**YEAR OF THE DOG –
CERTAINLY AN
APPROPRIATE DAY
TO BRING IN
THE DOGS!**

AT CSC @ TESSENSOHN
12pm – 7pm

In partnership with Singapore Kennel Club (SKC), the national canine organisation of Singapore, CSC @ Tessensohn will play host to many four-legged friends participating in the different events of the day.

Registration at 11.30am, start at 12pm

SKC OBEDIENCE CHAMPIONSHIP TRIALS

All are welcome. Pre-registration is required. Contact Hai Ming at 6391 5607 or onnhaiming@csc.sg with your personal particulars (Name/NRIC/Contact).

Registration at 11.30am, start at 12pm

COMPANION DOG SHOWS



Doggie Dash
Small and big dogs pitch their speed against one another, separately



Best Costume
Dogs dressed in the most creative of attire do the catwalk



Waggiest Tail
The dog with the waggiest tail

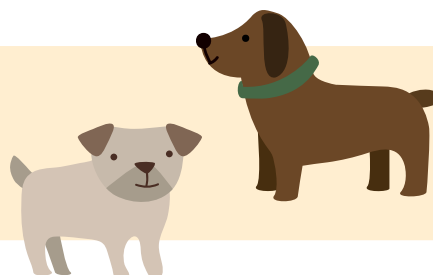
From 2pm to 7pm

SKC SPECIALTY DOG SHOWS

(for SKC members and dogs registered with SKC only)

Catch a range of breeds:

German Shepherd, Shetland Sheepdog, Border Collie, Rough Collie, Japanese Shiba Inu, Siberian Husky, Pomeranian, Japanese Spitz and Golden Retriever



WHAT'S AHEAD FOR YOU



Rat 鼠

• Career

Working professionals will gain recognition from superiors and room to showcase your abilities, leading to the well-deserved promotion. Beware of malicious rumours and disharmony among colleagues.

• Wealth

Joyous occasions at home will give additional boost in wealth. Only invest in stable investments. Contributing to charity with your gains, and reinvesting into property or long-term bonds will be beneficial.

• Romance

Unfavourable stars will affect your marriage and love relationships, making it a difficult year ahead. Married individuals might also be tempted with unsolicited love advances.

Health

Keep your emotions in check to prevent depression. Males should pay attention to issues related to heart and urinary system while ladies beware of female illnesses and skin diseases. Maintain a balanced diet and clear clutter at home to minimise accidents.

• **Lucky Number:** 1575



Tiger 虎

• Career

Determination and keeping an open mind is the key to success in 2018. Beware of malicious gossips. Maintaining good interpersonal relationships can help avert crisis at work. The opposite gender will be your benefactors in 2018.

• Wealth

Direct income will be stronger in 2018 but with a lack of auspicious stars on your wealth luck, having a good financial plan this year is essential. Expect spending particularly in maintaining good health or on family members. Avoid going into investments or stocks based on "insider" news.

• Romance

Due to work commitments, attached individuals can neglect their other half, and therefore should be pro-active in showing affections. Being the bigger person in your relationship will promote family harmony. Singles should refrain from getting into new relationships hastily.

• Health

As long as you do not overindulge, there will not be major health issues. Keep your emotions in check and be careful while on the roads.

• **Lucky Number:** 8831



Dragon 龙

• Career

Auspicious stars grace your career palace to bring about changes. Working professionals will be tempted with career switches. If there are concise plans, this change can help increase one's worth. Entrepreneurs looking for potential business partners should proceed with caution to prevent souring of relationships, loss of wealth and impeded progress.

• Wealth

A good year for your indirect income and investment plans. However, due to inauspicious stars in your wealth palace, there will also be huge increase in spending, especially on family. You can consider long-term investments, especially in blue-chip stocks; short-term investments will not reap significant returns, however.

• Romance

Challenges lie ahead for attached individuals due to an increase in external temptations. Couples should work on improving communication for good worklife balance, and be proactive in showing mutual concern and love.

• Health

Maintaining an active lifestyle and a balanced diet is important as you may face intestinal discomfort. Incorporate fibre such as oats and fruits into your diet to minimise health issues.

• **Lucky Number:** 1758



Ox 牛

• Career

Opportunities, benefactors and career breakthroughs will put you on track for a promotion or salary raise. Individuals in jobs that require a gift of the gab such as sales and consultation will do well. Engage in exercises to reduce stress and maintain good health.

• Wealth

An average year in terms of wealth luck; not a good year to venture into investments with others; subordinates, colleagues and business partners are likely to betray your well interests. Carrying a yellow wallet will help ensure good cash flow.

• Romance

Singles born in the year of Ox rejoice! There will be plenty of potential love interests in 2018. Married individuals should however, avoid being separated for long periods. Go on vacations with your spouse to strengthen your relationship.

• Health

Pay more attention to their personal cleanliness and refrain from too much nightlife. Beware of health issues related to high blood pressure and tumours. Engage in healthy activities such as cycling, dancing or even cooking classes.

• **Lucky Number:** 3192



Rabbit 兔

• Career

The more effort at work, the more returns you will get. Working professionals will have opportunities for good job switches or enter into entrepreneurship; business owners will see their companies prosper. Venturing overseas will reap profits. Observe Fengshui practices in the office to absorb negative vibes.

• Wealth

A difficult year to accumulate and retain wealth, plus not a good year for investments. To prevent loss of wealth, spend intentionally instead, such as on property purchase, home renovation or on new furniture.

• Romance

Mood swings are prevalent; expand your social circle and learn to relax. Singles need to be confident and better your communication skills so as not to miss any romantic opportunities. Married individuals will have opportunities to have children but must be careful throughout the pregnancy. Taking a family portrait can strengthen family ties this year.

• Health

Health issues can be a threat; do not neglect small illnesses and refrain from overworking. Avoid attending funerals, and wear auspicious ornaments to repel the negative energies. Take note of issues concerning the eyes, heart and bronchial tubes.

• **Lucky Number:** 9062



Snake 蛇

• Career

Auspicious stars will grace your career palace in 2018! Helpful benefactors abound so will opportunities to showcase your talents, earning you a raise or promotion at work. Embark on self-improvement courses and pick up new skills, which will boost your career in the long run. Remain humble to avoid malicious gossips.

• Wealth

With the inauspicious "Xiao Hao" star in your wealth palace, both direct and indirect fortune does not look good. Refurnishing your house, donations to charity or buying goods for yourself and your family will imitate loss of wealth, minimising the occasions you will lose money unwillingly and unknowingly.

• Romance

2018 will be a favourable year to tie the knot. Luck in love is promising for singles, with opportunities to meet and know potential love interests. Married couples will enjoy bliss and harmony.

• Health

Health will take a big hit, resulting in frequent bouts of depression. Be cautious of sciatic nerve pain and urinary tract infections. Insomnia is frequent and you should learn to relax closer to bedtime. Meditation and yoga are good exercises to pick up before the New Year. Increase intake of vegetables, fruits and bean products. Wear brighter clothes to chase away negative energies.

• **Lucky Number:** 0337

IN THE YEAR OF THE DOG



Horse 马

• Career

Despite the prevalence of opposition at work, you will make it through unscathed as long as you prove your while and remain positive. Maintaining good interpersonal relationships will help you out of the bottleneck you are in at work.

• Wealth

There will be many profitable business opportunities as well as good returns in investments. With a boost in your indirect income, investments in unorthodox businesses will bring a bigger return. If you are venturing into property investments, be careful when signing contractual agreements.

• Romance

A rocky path ahead. Beware of quarrels with your partner and offending loved ones without even realising. Singles will find themselves embroiled in frustrating love approaches while married individuals need to beware of unwanted love advances.

• Health

Refrain from overworking and neglecting your health. Look out for illnesses related to blood sugar level and blood tumour. To regulate and strengthen your body, consider Yoga but avoid over-exerting yourself.

• **Lucky Number:** 9373



Monkey 猴

• Career

With auspicious stars coming into play, changes and proactiveness will usher in a positive revolutionary year. However, benefactors' aid will be hard to come by. Hold your words and decisions until you are in a better emotional state to avoid regrets.

• Wealth

Mind their words and refrain from participating in gossips this year. Pay attention to monetary matters; deal with them in a clear and rational manner.

• Romance

Married individuals find themselves easily angered by small matters and are more emotional. Singles must know when to rein in, otherwise it will be easy to be entangled in a complicated three-way relationship.

• Health

Be careful while on the roads and minimise high-risk activities. Those with elderly at home, take extra care of them and watch out for stroke, high blood pressure and heart-related diseases.

• **Lucky Number:** 9399



Dog 狗

• Career

Crossing paths with Tai Sui necessitates you to be mindful of your words and to keep a low profile at work. Beware of malicious gossips, and speak with kindness to avoid the sparking of unpleasant incidents.

• Wealth

You can see a boost in indirect income luck although money appears to come and go quickly. Consider an investment in property. Be careful when going into joint investments and not to flaunt your wealth.

• Romance

Relationships will be unstable and rocky in 2018. Singles, refrain from pining over possible romantic advances, as they are unlikely to materialise. Married individuals will find themselves in frequent couple quarrels, so rein in the temper for harmony.

• Health

With a higher tendency of falling ill, take precautions against heart, lungs and intestinal illnesses. Donate blood before the Lunar New Year, or display black obsidian Hu Lu in your bedroom to minimise the negative impact on your health this year.

• **Lucky Number:** 6316



Goat 羊

• Career

In addition to recognition being hard to come by, hindrances will taunt your efforts in completing tasks. Refrain from being fussy and keep a low profile. Avoid overly rocking the boat at work.

• Wealth

With weak luck in both direct and indirect income, steer clear of high-risk investments. Start saving early and build up your rainy-day fund. Holiday travels and observing rituals for one's ancestors can bring about a positive change of luck.

• Romance

Married individuals will start losing the passion in your relationships while singles need to be careful in getting into new relationships. Couples should maintain a good balance of Yin and Yang energies in bedroom Fengshui to resolve any misunderstandings.

• Health

Look out for signs of stroke and conditions related to internal organs. Go for regular medical check-up for prevention. After the lunar eighth month, your health will see a slight turn for the better and it is recommended that you donate blood or to charity to increase good karma.

• **Lucky Number:** 4010



Rooster 鸡

• Career

Despite having offended Tai Sui for the second year, you will see an improvement to your career luck. Your job will gain stability. Reap significant rewards by leveraging on benevolence of your benefactors.

• Wealth

Safeguard your existing savings, do things in moderation, and increase savings during peaceful months. Joyous occasions at home, such as a marriage, will bring in good news to your wealth luck.

• Romance

Unpredictable mood swings will cause disharmony between couples. Be more tolerable with each other and participate in activities to reignite your relationship.

• Health

Pay extra attention to your blood pressure and intestinal wellbeing. Females need to beware of cervical and breathing issues.

• **Lucky Number:** 5397



Pig 猪

• Career

The prosperous Sun star will safeguard a smooth sailing career in 2018. Nevertheless, it is advisable to keep a low profile and be mindful of your words. Avoid forming cliques at work and be wary of spiteful gossips.

• Wealth

Lady luck is shining on both your direct and indirect finances this year! Refrain from being overly greedy in seeking wealth. Those who cannot hold onto a job for long will find themselves in legal hot soup due to monetary problems. Within your means, you can consider long-term investments as they will reap substantial returns in the long run.

• Romance

Singles can look forward to meeting potential partners, while couples can tie the knot in the later part of 2018. An inauspicious star will however, cause disagreements amongst couples. Stay in control of your temper to minimise arguments with loved ones.

• Health

Pay close attention to blood sugar levels, female illnesses and skin diseases. Refrain from overworking, and going on a vacation will do a lot of good for you this year.

• **Lucky Number:** 2963



New Trend Lifestyle (NTL) founded in 1989 by Grand Master Hillary Phang is the only Feng Shui organisation in Asia listed in London Stock Exchange since 2012. **Yuan Zhong Siu** provides professional Feng Shui, Zi Wei Life Analysis, Selection of Auspicious Date, Baby Naming Services and more. For more information, check out www.fengshuiyys.com and www.facebook.com/yzs.sg

It's A Tie! Tessensohn & Changi Win CSC Christmas Décor Challenge 2017

DUO WINNERS



CSC @ Changi



CSC @ Tessensohn

Our heartiest congratulations to both Tessensohn and Changi, duo-winners in this year's Christmas Decorations Challenge.

Entries were of exceptional standard – all three clubhouses put up beautiful and creative Christmas decorations showcasing the respective team's creativity and innovation in working with recycled materials.



CSC @ Bukit Batok

CSC MOVIE TREATS @ Shaw Theatres - Lido Cineplex



MARVEL'S BLACK PANTHER

When two enemies conspire to bring down the kingdom, King T'Challa must team up, as the Black Panther, with CIA agent Everett K. Ross and members of the Dora Milaje to prevent a world war.

Date: Thurs, 22 Feb '18
Time: 6.30pm (TBC)
Register by: 8 Feb '18

DISNEY'S A WRINKLE IN TIME

After the disappearance of her scientist father, three peculiar beings send Meg, her brother, and her friend to space in order to find him.

Date: Thur, 15 Mar '18
Time: 6.30pm (TBC)
Register by: 1 Mar '18




FEES & ELIGIBILITY

- CSC main cardholder may each purchase 1 pair of movie tickets for \$10 and/or 1 set of 4 movie tickets for \$20 for the same movie. Additional tickets may be purchased at \$8.50 each.
- Supplementary, Public Officers and Guest may purchase the tickets at \$8.50 each.

BOOKING INFORMATION

• To reserve tickets, payment must be made in advance in one of following ways: Online via <http://www.civilserviceclub.com/cscems/> or payment at any CSC clubhouses between 9am – 8.30pm • Tickets will be issued by CSC staff on event day at cinema. • Seat allocation is on a first-come-first-served basis based on time of payment received. • Tickets purchased are not exchangeable or refundable. • Screening time is subject to change. • Cost of tickets are subsidised by Civil Service Club. Tickets are available while stocks last.



BEARS BALLOONS AND BUBBLES!

The bear-themed party did not disappoint. Three life-sized mascots were present to meet-greet-and-mingle with the children; balloon bear sculptures were on display everywhere. Not forgetting the shower of bubbles that sent the kids ecstatic.



CSC BEARY CHILDREN'S

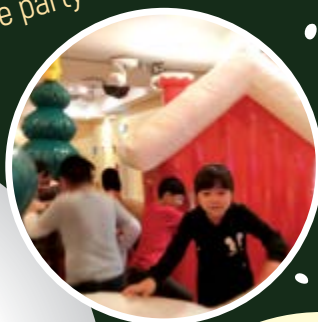
* CHRISTMAS PARTY *

Christmas came early for some 120 children at CSC @ Tessensohn on Sunday 10 December 2017. This included 21 children from Hougang Sheng Hong Student Care Centre, who were specially invited to the party as part of CSC's corporate social responsibility efforts.



GAMES AND ACTIVITIES GALORE!

The bouncy castle, "tattoo" art and face painting were hot favourites; also emcee Kyle Ravin who enchanted the kids with magic, stage games and his ventriloquist skills; while the art-and-craft booth by sponsor Artzone kept the kids engaged with clay art.



LUCKY DRAWS, PRIZES, AND DOOR GIFTS!

Everyone went home bear-ing door gifts of helium bear balloons and bear plush toys. In addition, three lucky kids won a gigantic bear each at the draw, while nine others took home a huge balloon sculpture each. The best-dressed boy and girl won a \$20 CapitaLand mall voucher each!



TREATS FOR THE ADULTS TOO!

Parents were also treated to free massage and movie screening of 'Pacific Rim', and took home photo souvenirs taken at the photo booth with their kids.





Open to
Public

Tessensohn Clubhouse for All Your Function Needs

Being ideally located, we have banquet facilities that are available for your private or corporate functions. The function rooms may be used for workshops, retreats, dinner parties, weddings or informal cocktail receptions. The Auditorium is an ideal venue for presentations, seminars and performances.

Public Service Organisations engaging CSC for services and facilities rental is exempt from standard procurement route. For details, log into the Government Intranet under MOF Procurement Portal and Vital Travel Portal.

For enquiries, please contact: Jacqueline Tang at 6391 5605 or jacquelinetang@csc.sg;
Eve Zhuang 6391 5623 or evezhuang@csc.sg.

From **\$3**
Per Game

Open to
Public

Lucky Strikes At Planet Bowl



Strike lucky at Planet Bowl, the choice venue for a casual get together with family or friends, or for your company event or department tournament.

With our 20 lanes, be it fun-loving, serious competition or birthday bash, we can provide a one-stop customised event. Ask for our attractive packages designed to meet different needs and budgets.

To find out more, please contact us at 6391 5693 /6391 5695 or email julianah@csc.sg.

Bukit Batok Clubhouse Unveils Upgraded Swimming Pool Changing Rooms



We are pleased to announce the successful completion and reopening of the swimming pool changing rooms at the Bukit Batok Clubhouse. CSC members can now enjoy modern comfort for a relaxing time by the poolside at CSC @ Bukit Batok.

Highlights include the spanking new spacious shower cubicles; and the retrofitted dresser section complete with LED light frosted mirrors, infra-red soap dispensers, hot/cold water dispensers and well laid-out dressing tables. Pro-family facilities are also in place – the all-new family shower cubicle for use by parents with young children and the child-safe walkway between the pool and the changing rooms.

We thank all members for your patience during the upgrading work. Now, come claim your rewards by enjoying the new facilities!





Plan Your Retreat @ CSC CHANGI

*Whether you want to Meet, Stay or Play,
CSC @ Changi has the right package for you.*

Meet

HASSLE FREE SEMINAR RETREAT

Looking for the perfect venue for a work plan retreat or the ideal place with the right facilities for your next seminar meeting? Changi Clubhouse provides a 1-stop solution for your seminar needs.

Stay

STAYCATION @ CSC CHANGI RESORT

Relax after a stressful work meeting with a staycation at CSC Changi Resort, where you and your buddies can unwind over a game of bowling or gather for a sumptuous BBQ. Enjoy the beautiful sea view, while sipping tea at the refurbished Hornbill Café or sing your hearts out at the KTV Room as part of your retreat!

Play

TEAM BONDING @ CSC CHANGI

Let us plan your teambuilding activities for you. CSC Changi offers teambuilding activities such as the latest GPS Interactive Challenge as well as the Mangrove Kayaking at Ubin.



**MORE STAYCATION
OPTIONS
COMING SOON
APRIL 2018**



For updates check in at www.cscchangi.sg

CSC CYCLING

JOIN US ON OUR TOURS

by Oei Su Cheok

Along The Singapore River, 28 Oct 2017

Every bridge tells a story, all the more if it straddles over the Singapore River.

It was a pleasant arrival to the bank of the Singapore River after we sped along the cycling highway of Tanah Merah Coast Road and East Coast Park. Here, we slowed down to take in the sights that represent our nation's accomplishments. The truth is, today's alfresco dining options along the river and the riverside lifestyle are possible only with the clean Singapore River.

As citizen cyclists, we are also delighted that the authorities have acted on our feedback to replace drain covers in the area for the safety of cyclists who ride on this route. With these covers, we no longer have to avoid the gaps on the drain covers.

Feedback works! As we come across safety issues, let's make it a point to raise them with the relevant authorities and witness them being addressed.



Jiak Kim Bridge along the
Singapore River



CSC Cyclists riding from Changi to
Kallang River to Singapore River



Some of our cyclists atop Skyville
@ Dawson - a model project of HDB

In Preparation For Taiwan Cycling Tour, 14 Oct 2017

We are into the final preparation for our cycling tour to Taiwan, where we will ride the new Central Cross-Island Highway Tataka (塔塔加) challenge and a leisurely family-friendly tour of Tainan (台南).

We are also grateful to the Civil Service Club for its generous sponsorship of two sets of jerseys and cycling shorts for each cyclist.

In the run up to the event, our practice rides around Singapore are becoming more regular as we endeavour to get to know one another quickly as well as to prompt one another on the trip necessities.

Watch this space in the next issue of FUSION! for our experience and accomplishments in Taiwan.



G



Sembawang Hot Spring



Northern Loop, 23 Sep 2017

It was a relaxing Saturday ride routing through Ulu Sembawang PCN to Woodlands Waterfront Park. We were eager to check out a new Admiralty Park but it continued to be under wraps on this occasion. No regrets though.

The adjacent sprawling Republic Polytechnic was a refreshing stopover. After a stop at the canteen, we headed out to check on the Sembawang Hot Spring which has been in the news.

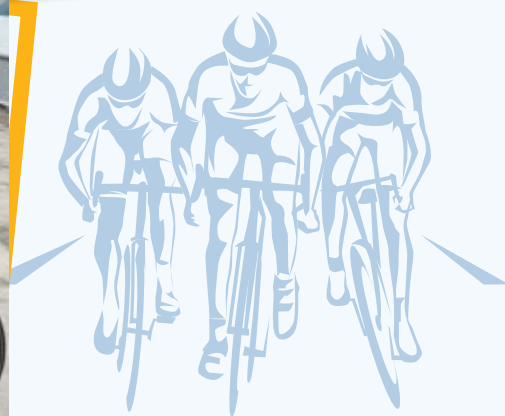
We simply soaked in all the goodness of a natural hot spring rights here in Singapore! We look forward to the development of this site.



Stopover at Republic Polytechnic



Woodlands Waterfront Park



MEMBERSHIP BENEFITS

Club members enjoy the friendship of our fellow members. In addition, membership with CSC Cycling Club comes with a host of benefits.

Regular local rides	Participating members get a token of \$3 for joining each of our rides
Regional rides (Malaysia & Indonesia)	CSC funding for support and safety vehicles.
Overseas rides (e.g. Taiwan)	CSC Sports Club sponsorship for 2 sets of cycling jersey and shorts
Social events and activities	CSC funding to defray part of the cost of our gatherings
Local National Cycling Events	CSC sponsor the participation fee capped at \$50 for active members

CSC Members can join the Cycling Club by approaching the front desk at any of our clubhouses.



We're On Facebook

Check out our Facebook page for our rides and other information
<https://www.facebook.com/CSCcycling/>

NEW YEAR, NEW BEGINNING FOR CSC RUNNING

by Tan Kay Teck

It seemed like it was just yesterday when the year 2017 started; however, year 2017 has passed before all of us knew it. What is a significant event that you had experienced in the past year and what plans hold for the New Year? At the start of every New Year, these may be questions we ask ourselves. For some, they have given up making plans or resolutions. To them, this may have become a fruitless exercise, as they feel that plans and resolutions at the beginning of the New Year would inevitably end up not being fulfilled at the end of the year. Albeit this, a popular saying holds true – “when we fail to plan, we plan to fail”. Thus one should at least set some plans for the New Year. As each year passed, we should also recognise the saying: “it is not the years that we have in life but the life you put into those years that counts”. So at the beginning of every New Year we should set off to make the year count, start on a new beginning for those things that we have not done well in the past year.

In 2017, various significant events had happened not just in our club but both locally and internationally. One of our members quipped that the flooding of the MRT station was significant as it was the very first time it happened. This had laid off the MRT service in affected stations past the night into the next day. Half in jest, the member further quipped that with the recent regular delays of our MRT service, running may become the most efficient travel mode to move from one point to another. Though in jest, this member's view is not entirely incorrect. Some scientific studies have detailed through fossil findings various adaptations found in early humans specifically for running. These studies show that our body structure was adapted for running, meaning we are actually built for running. These studies have proven mankind is built for running. Thus, why not start the New Year resolving to make running an exercise? To do so, you can join our CSC Running Club to run on a regular basis. To help you make that decision to join the club, let our members share their reflections.



Through the sharing from our members, we hope you can join the CSC Running Club Family. By joining the Running Club runs on a regular basis, you are starting the New Year, 2018, with a new beginning on your path to a healthy lifestyle through running. To find out more of the CSC Running Club, you may email the CSC Sports Executive, **Mr Michael Kang** at michaelkang@csc.sg for more information.

“In 2017, we had our first overseas run at Palm Resort in Johor Bahru. It was an excellent event for our runners which is not too far away, which is inexpensive and a great place to relax after that. For 2018, we wish everyone good health and that more Civil Service Club members can join our running interest group.” – Abraham Chan, Chairman, CSC Running Club

“The charity Run4Fund event in Johor Bahru that our club participated in 2017 was very memorial and meaningful. Eight of us participated and it was a good opportunity for us to bond. I look forward to participate again in 2018 and hope more members can join us in this overseas trip in 2018.” – Paul Chan, Vice-chairman, CSC Running Club

“One significant event was the charity Run4Fund event in Palm Resort in 2017. This is the first time I can run within the golf course and at the same time helped to contribute for a charitable cause. I hope that for 2018, the club will organise such similar events where we can keep healthy and at the same time contribute to a worthy cause.” – Magdalene Chan, Secretary, CSC Running Club

“What I felt significant in 2017 was to enjoy good health and keep running. For 2018, I wish everyone good health, keep fit and keep on running. In 2018, I hope more new members can join our running club family!” – Stella Tay, Assistant Treasurer, CSC Running Club

“In 2017, I did the Straits Times Run and found that my timing has improved. This is probably due to my regular runs at Changi with our running club members. At the same time, I have discovered the various nooks and corners of Changi such as the long board walk and costal road. My regular running session with the club provided a relaxing respite away from the busy city. In 2018, I wish to do more runs with the club!” – Eu Pui Leong, Member, CSC Running Club

“For 2017, I am very happy running with our club when we meet. For 2018, I wish more members can join us.” – Tan See Hiong, Member, CSC Running Club

SPORTING SPIRIT AT CSC STAR GAMES SEMINAR



On 27 October 2017, 20 Sports Liaison Officers and sports enthusiasts from various government agencies congregated at the Tessensohn Clubhouse for the CSC STAR Games Seminar. The aim was to brainstorm on effective ways to increase participation among public officers at future Public Service STAR Games, all towards the national purpose of promoting a healthy and active lifestyle.

Without much prompting, the event did quickly turn into a lively platform for vibrant group discussions, exchange of ideas and open sharing of success stories as well as challenges. The seminar ended with a dynamic question-and-answer session facilitated by a panel of experts.

JTC Corporation's Sports Liaison Officers Bennett Tan and Ludovic Francois – both keen supporters of the CSC STAR Games – are excited about ideas they heard mooted during the seminar which include:

- To allow formation of teams of mixed agencies to increase interaction for the sharing of sporting skills as well as improving of group dynamics.
- To conduct more non-competitive events to attract a wider spectrum of participants across age groups and sporting skillsets who may be more inclined towards playing sports outside of competitive conditions.
- To better engage senior management in the CSC STAR Games to in turn garner their support towards the involvement of staff in such sports activities

Apart from promoting a healthy lifestyle, the STAR Games seeks to promote a sense of kinship among public officers. Take part in a favourite sport at the CSC STAR Games.

Visit www.csc.sg/stargames or www.facebook.com/cscsports.sg for more information.



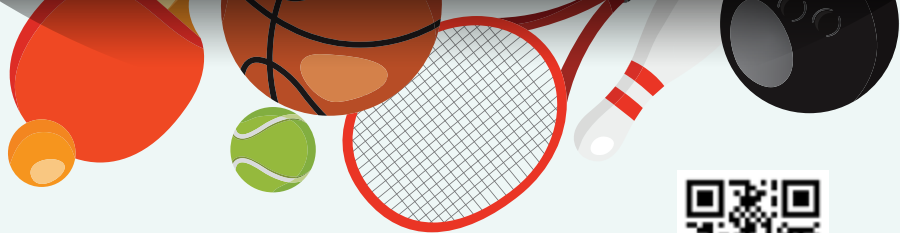


Table tennis championship for MOE

Congratulations to Ministry of Education (MOE) for emerging Overall Champion in the Public Service Table Tennis Tournament 2017 held at the Club HDB from 25 September to 19 October '17.

Competition was intense but the MOE teams played well to emerge champion in the Women's Category, 2nd Runner-Up in the Men's Category and 3rd Runner-Up in the Men's Senior categories, edging out Ministry of Defence (MINDEF) by a mere two points to take the top spot. A total of 35 teams from 15 government agencies took part in this year's tournament.

Mr Lee Hock Joo, MOE team manager cited right strategies and great teamwork for his agency's winning performance. "We strategise in our line-up before every game and play to the best of our abilities. And with support and understanding from team-mates, we are always ready to play our way up!"

Guest-of-Honour and CSC EXCO member Mr Teo Chee Beng presented the prizes to the winning teams.



Results

Overall Position	
Champion	Ministry of Education
1st Runner-Up	Ministry of Defence
Joint 2nd Runners-Up	Housing & Development Board National University of Singapore

Category	Women's	Men's	Men's Senior	Active Agers
Champion	Ministry of Education	Ministry of Defence	Ministry of Home Affairs	Housing & Development Board (1)
1st Runner-Up	Housing & Development Board	National University of Singapore	Ministry of Defence	Ministry of Health
2nd Runner-Up	Ministry of Health	Ministry of Education	Land Transport Authority	Temasek Polytechnic
3rd Runner-Up	JTC Corporation	Ministry of Home Affairs	Ministry of Education	Housing & Development Board (2)

A victorious kick-off for MOE in the futsal tournament

A total of 41 teams from 17 different government agencies took part in this year's Public Service Futsal Tournament held at the Choa Chu Kang Sports Hall on 21 October 2017.

After several rounds of intense matches, powerhouse Ministry of Education (MOE) made history when three of their teams qualified for the semi-finals. The other spot was taken by Ministry of Home Affairs (MHA). The semi-final match between MOE (5) and MHA (5) to decide which team go to the final round was fast and furious. In the end, it had to be decided by penalty kicks which MOE (5) won. The final was an all-MOE affair with MOE (3) taking the top spot.

Over at the champions' camp, Mr Abdul Nasir, MOE's football manager for two decades and counting, was all smiles and gushing with pride. "When we compete, we always aim to bring honour to MOE. All players went into play with the right mentality and gave of their best, regardless of the outcome," he said. "I am very proud of the way in which the boys showed passion and commitment all these years. Kudos to them for the treble we achieved," said Mr Nasir.

The winning teams received their prizes from Guest-of-Honour and CSC Executive Committee member Mr Tan Kok Kwang.

MHA banks overall championship in basketball

The Hougang Sports Hall was bustling with activities over the period 26 September to 1 November '17 as some 30 teams representing 14 government agencies converged nightly for the Public Service Basketball Tournament 2017.

After many hard-fought matches, the men and women teams from Ministry of Home Affairs (MHA) eventually qualified for the finals on 1 November '17. Their men's team faced off Ministry of Defence (MINDEF) while their women's team faced off Ministry of Health. With a final push, the MHA's men team overcame strong resistance from MINDEF to win the match and the Overall Championship title. The win was sweet considering that the last time they won the title was in 2011.

With a good mix of young and experienced players, the MHA teams trained vigorously for about a month before the competition. The teams have been together for several years. MHA team representative Mr Lee Chee Chien said, "Forming a team with the right dynamics is also important. We always try to accommodate every player to achieve the best results." Mr Lee also thanked his teams for putting in time and effort to train for this competition.

Accolades should go to Ministry of Health (MOH) team for displaying great team dynamics to beat the MHA team in the final of the Women's category and emerged champion for the first time. Team representative and player Ms Jasmin Lau who was all excited about the win, said, "We have a full healthcare team to handle any emergencies at any time – doctor, nurse, physio, occupational therapist, speech therapist, radiographer, policymaker, medical social worker!"

Guest-of-Honour and CSC Executive Committee Member Mr Addy Suhairi Selamat presented the prizes to the winning teams.



Results

Category	Women's Category	Men's Category	Overall Position
Champion	Ministry of Health	Ministry of Home Affairs	Ministry of Home Affairs
1st Runner-Up	Ministry of Home Affairs	Ministry of Defence	Ministry of Defence
2nd Runner-Up	Ministry of Education (1)	Ministry of Education	Ministry of Education
3rd Runner-Up	Ministry of Education (2)	National University of Singapore	National University of Singapore



Results

Champion	Ministry of Education (3)
1st Runner-Up	Ministry of Education (5)
2nd Runner-Up	Ministry of Home Affairs (5)
3rd Runner-Up	Ministry of Education (7)



Dragon boaters from MOE and MHA celebrate a rare joint victory



Over 59 teams from 14 government agencies competed in the distinguished Public Service Dragon Boat Race held in conjunction with the Singapore River Regatta on 5 & 6 November '17.

Superintendent Mr Alan Wong, Team Manager cum rower of the winning team from Ministry of Home Affairs (MHA) recounted how his team – despite having won the Overall Championship title for 18 times consecutively – had to fight their way back to glory from “dead lanes 1 and 2”, pulling away from hardened opponents who have been training equally hard for the race as well as contending with “drastic changes in lanes terrain”. Eventually, it was a shared glory with the team from Ministry of Education (MOE).

Still, it was an euphoric moment for the 19th-time winner. Mr Wong added: “We were equally filled with an immense amount of satisfaction as we had put in our heart and soul into the race. The rowers and the management really felt a deep sense of accomplishment especially in light of facing stronger competitors in this category as well as challenging against nature.”

Over at the MOE camp, representative Mr Wilfred Yan described the “pleasant surprise” when informed of the joint overall championship. Sizing up their success, Wilfred explained that while his team has been doing moderately well in past years, it lacks the numbers to participate in every category, resulting in “some disadvantages in terms of the point tally for the overall championship. However, we always take these events as a good opportunity to bond as a group and to build friendships and networks...” This spirit of camaraderie and interaction were shared by all the participating teams apart from the medals or trophies they raced for.

Mr Charlie Ng, General Manager of CSC, presented prizes to winning teams.

Results

Overall Position	
Joint Champions	Ministry of Education Ministry of Home Affairs
2nd Runner-Up	Ministry of Defence
3rd Runner-Up	Housing and Development Board

Category	Open	Mixed	Active Agers	Men's Senior	Women's	Men's
Champion	Ministry of Education	Ministry of National Development (A)	Ministry of Home Affairs (SCDF)	Land Transport Authority	Housing and Development Board	Ministry of Education (B)
1st Runner-Up	Ministry of Defence	Ministry of Education (B)	Housing and Development Board	Ministry of Defence (B)	Ministry of Home Affairs (HTSRA)	Ministry of Home Affairs (SPS)
2nd Runner-Up	Ministry of Home Affairs (HTSRA)	Ministry of Defence (B)	Ministry of Home Affairs (HTSRA)	Ministry of National Development	Ministry of Education	Ministry of Defence (A)
3rd Runner-Up	Ministry of National Development	Ministry of Home Affairs (HTSRA)	Land Transport Authority	Housing and Development Board	Land Transport Authority	Ministry of Home Affairs (HTSRA)

Fourth-time championship for MOE in 3-on-3 mixed floorball

Two agencies, Ministry of Education (MOE) and Ministry of Home Affairs (MHA), were neck and neck for the championship title in the Public Service 3-On-3 Mixed Floorball Tournament 2017 held at the Republic Polytechnic on 11 November '17. In the final battle, MOE (1) triumphed over MHA (1) to emerge champion of the tournament. In the 3rd and 4th placing match, MHA (3) defeated MOE (4).

MOE (1) comprised a mix of players from past years' winning teams and first-time players. Team captain Mr Mohammed Hafeez said "chemistry" was the formula to his team's success, despite not having trained or played together prior to the tournament.

"We do have players from other Ministries coming up to us for tips and advice on gameplay and strategies. We're more than happy to share our knowledge and expertise with them," said Mr Hafeez.

The Ministry is the undefeated champion of the Public Service 3-On-3 Mixed Floorball Tournament for the last three years. It was therefore no surprise that the ministry came up top again in this year's tournament.

A total of 21 teams from 9 different government agencies took part in the event.

Results

Champion	Ministry of Education (1)
1st Runner-Up	Ministry of Home Affairs (1)
2nd Runner-Up	Ministry of Home Affairs (3)
3rd Runner-Up	Ministry of Education (4)



Success again for defending champion MOE in 9-pin tap bowling

Held at Planet Bowl, Tessensohn Clubhouse over the period 26 September to 28 October '17, the Public Service 9-Pin Tap Bowling Competition saw a total of 198 teams from 29 government agencies coming together to compete in the Men's Active Agers, Women and Mixed Categories.

Defending champion Ministry of Education (MOE) and Ministry of Health were in hot contention for the Overall Championship title after coming in top in the Men's Active Agers and Women's categories respectively. A 2nd placing in the Mixed Category's final held on the last day was good enough for the MOE team to be declared the Overall Champion. The last day also saw surprises when Ministry of Defence teams clinched the top and 3rd position in the Mixed Category's final to come in 2nd in overall position.

"It was a field of tough opponents, but I think our team had a level of confidence from their past successes," said MOE bowling team manager and player Mr Yang Jianfeng. "With 9-pin tap bowling, it's really anyone's game, but we showed great spirit and did our very best."

CSC EXCO member and Guest-of-Honour Mr Jerry Lim presented prizes to the winning bowling teams.



Results

Overall Position	
Champion	Ministry of Education
1st Runner-Up	Ministry of Health
Joint 2nd Runners-Up	Ministry of Defence Housing and Development Board

Category	Women's	Men's Active Agers	Mixed
Champion	Ministry of Education (1)	Ministry of Health (2)	Ministry of Defence (2)
1st Runner-Up	Ministry of Education (3)	Housing and Development Board (1)	Ministry of Education (1)
2nd Runner-Up	Land Transport Authority	National University of Singapore (2)	Ministry of Defence (11)
3rd Runner-Up	Housing and Development Board (1)	Ministry of Health (1)	Ministry of Health (11)



SLEEP CAN WAIT

F1 Pit Building | 19 May 2018

Sundown Marathon 2018 Special Discount for CSC Members & Public Officers

Good news for CSC Members and Public Service Officers who wish to participate in the Sundown Marathon 2018. Through a special collaboration with the event organisers, special discount off the registration fee applies!

30% off for CSC Members & 20% off for Public Service Officers

Take advantage of exclusive rates now. Registration ends Sunday, 15 April 2018.

To redeem your discount, register at <https://sg.1xcess.com/discover/event/sundown-marathon-2018-csc-category?locale=en>. Public Service Officers must include your office email addresses, while CSC Members should apply the code <CSCMEMBER> at checkout. You will be required to produce your CSC membership card or agency's staff passes during race pack collection for verification.

Smile Arts DENTAL STUDIO

Comprehensive Care You Can Trust

SmileArts

is one of the Approved Institutions for MCYS Baby-Bonus-Scheme, CHAS Providers and also Medisave Claimable for dental treatments like Oral Surgery, Wisdom Tooth Removal & Dental Implants.



DENTAL PACKAGES

CLEAN SMILE PACKAGE \$100

Inclusive of:

- * Dental Examination
- * Full Scaling & Polishing
- * Fluoride Therapy

HEALTHY SMILE PACKAGE \$175

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- * Dental Examination with Digital Photography
- * Digital Dental X-ray
- * Detection Of Decays with Advanced Laser Technology
- * Full Scaling & Polishing
- * Fluoride Therapy
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KID SMILE PACKAGE \$75

(for children between 6 to 12 yrs old)

Inclusive of:

- * Dental Examination
- * Full Scaling & Polishing
- * Fluoride Therapy (if applicable)

SURGI-SMILE PACKAGE \$880

(Medisave Claimable)

Inclusive of:

- * Dental Examination
- * Digital Dental X-Ray
- * Surgical Removal Of Wisdom Tooth
- * Medication
- * Review

SMILE IMPLANT PACKAGE \$2750

(After Medisave Deductions)

Inclusive of:

- * Dental Examination
- * Digital Dental X-ray
- * German Implant System
- * Medications
- * Review
- * Implant Crown

WHITE SMILE PACKAGE \$300

Inclusive of:

- * Dental Examination
- * 10 packets of whitening gels

PG CARD HOLDER PACKAGE

- * Dental Examination
- * Detection Of Decays With Advanced Laser Technology
- * Scaling & Polishing
- * Fluoride Therapy

**FULLY CLAIMABLE
WITH CHAS PG CARD**

BLUE CARD HOLDER PACKAGE

- * Dental Examination
- * Detection Of Decays With Advanced Laser Technology
- * Scaling & Polishing
- * Fluoride Therapy

**WITH GOVERNMENT SUBSIDY
YOU PAY : \$ 15.50**

INVISALIGN - INVISIBLE BRACES PACKAGE \$8500

Inclusive of examination, digital xrays & retainers

LASER DENTISTRY

With dental Laser, you can now expect:

- No Drilling
- Painless Ulcers Treatment
- Rapid Healing following Laser Treatment



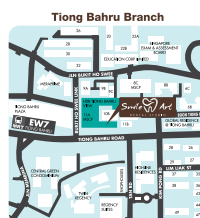
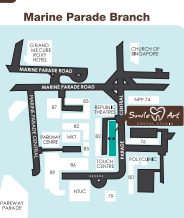
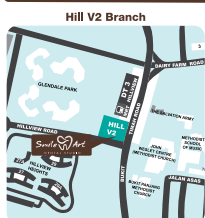
CENTER FOR BIOMIMETIC DENTISTRY

MERCURY FREE PRACTICE

Old grey / silver mercury fillings are replaced with aesthetic tooth coloured materials that are not only good looking but protects your teeth, last well and longer. Give us a call or email us for more details about direct / lab-based inlays and onlays.

*Any other procedures/materials if needed, will advised and charge separately.

Call us for an appointment!



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Blk 81 Marine Parade Central
#01-632 S440081
email: smilearts@gmail.com
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Mon,Tue,Thurs: 9am - 9pm
Wed, Fri, Sat: 9am - 6pm
Sun: 9am-6pm (Appointment bookings & purchases only)



Scan this QR Code to visit our website
www.smilearts.com.sg

SOCIAL ACTIVITIES

ARTS



Chinese Ink Painting & Seal Carving Class

In this workshop, you will learn two forms of art – traditional ink painting and seal carving. Learn how to use basic brush strokes to create subjects as well as how this form of painting differs from the Western art of painting.

Dates: 8 Tuesdays, 30 Jan – 20 Mar '18

Time: 7pm – 9pm

Fees: Member \$180, Public Officer \$190, Member's Guest \$200 (Excludes \$20 material fees to be paid to instructor)

Venue: CSC @ Tessensohn

Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg

Register By: 24 Jan '18

NEW

Fun with Clay Art

Clay is not all child's play. With the right techniques and using a special import of premium clay type, it can be made into flowers, jewellery pieces, fridge magnets, just to name a few.



Peonies with Clay

You'll get to learn to make peonies, the flora of beauty, class, status, luxury and opulence. Then set your art piece into a hoop as a hanging ornament in the house or in a vase.

Date: Sat, 27 Jan '18

Time: 9am – 12pm

Venue: CSC @ Tessensohn

Fees: Member \$60, Public Officer \$70, Guest \$80

Contact: Vanessa at 6391 5641

or vanessachoo@csc.sg

Register By: 20 Jan '18

Clay Jewelry Pieces

Women like their accessories to be one-of-a-kind. When you craft your own statement pieces, you can be sure that no one else will have anything identical!

Date: Sat, 10 Feb '18

Time: 9:30am – 12:30pm

Venue: CSC @ Bukit Batok

Fees: Member \$60, Public Officer \$70, Guest \$80

Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg

Register By: 2 Feb '18



Miniature Tray Magnets

Many of us love to collect fridge magnets. Learn how to make your own miniature tray magnets step-by-step.

Date: Sat, 3 March '18

Time: 9:30am-12:30pm

Venue: CSC @ Tessensohn

Fees: Member \$60, Public Officer \$70, Guest \$80

Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg

Register By: 26 Feb '18

Chinese Paper Cutting

By the end of this hands-on workshop, you will have picked up enough paper folding and cutting techniques to make your own charming decorative art pieces. Isn't that motivation enough?

Date: Sat, 10 Feb '18

Time: 11am – 12:30pm

Fees: Member \$30, Public Officer \$36, Member's Guest \$40 (inclusive of materials)

Venue: CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

Register By: 3 Feb '18



SOCIAL ACTIVITIES BEAUTY



Korean Dewy Look in Under Two Hours

Achieving the Korean Dewy Natural Look is possible with quick easy steps by using the right skin products and makeup techniques!

In this two-hour hands-on workshop, you will be learning:

- Your skintype and skincare
- Preparation of your skin before makeup
- Base to even up your skin tone
- Coverage without drying your skin
- How to look dewy and not "oily"
- Eyebrow shaping to suit your face shape
- Simple, natural eye makeup, blusher and lips

We will have personalised consultation during the hands-on session to address any questions. Lucky participants will stand a chance to win gifts worth \$26!



Date: Sat, 24 Mar '18

Time: 10am - 12pm

Fees: Member \$3, Public Officer \$9, Guest \$15

Venue: CSC @ Tessensohn

Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg

Register by: 17 Mar '18

FOOD



Wu Liang Cold Coin Bak Kwa
金錢肉干

Passion Fruit Bubble Cheese Cake
泡珠奶酪蛋糕

HAF Mustard Chicken
气炸芥末鸡

FINANCE



Lasting Legacy of A Will Power of Attorney

Invest your time on this talk that covers two pertinent topics and reap long-lasting results.

A Will well made is the best love legacy you can leave your family. Learn about the nine rules of distribution in the event of a premature death without a Will in place and the adverse impact they can have on the surviving family. Learn how the Will can ensure assets are distributed and transferred to loved ones in the most expeditious way.

Another instrument that one can wield to great advantage is the Lasting Power of Attorney (LPA). Who should you appoint as your LPA? What is the difference between an LPA and a Will? Interesting questions that need answers. Come and listen out for yourself.



Date: Sat, 20 Jan 18

Time: 11am - 12:30pm

Fees: Member \$3, Public Officer \$9, Guest \$12

Venue: CSC @ Tessensohn

Contact: Gek Cheng at 63915624 or kuagekcheng@csc.sg

Register by: 12 Jan '18

Retire Successfully

A successful retirement is hardly a distant concept if you start early to put in place effective retirement planning strategies. Don't know how to? Well, you've come to the right place. In addition to effective strategies, this talk also offers tips to grow one's wealth through important take-away messages on:

- Leveraging on the Supplementary Retirement Scheme
- CPF Minimum Sum Scheme
- Annuities - to buy or not to buy?
- How to protect your retirement nest Egg and common pitfalls to avoid
- Practical investment tips and consideration
- Maximising returns from strategic asset allocation
- Applying the "Dollar Cost Averaging" concept in investment during market volatility



Date: Sat, 31 Mar '18

Time: 2pm - 4pm

Fees: Member \$3, Public Officer \$9, Guest \$12

Venue: CSC @ Tessensohn

Contact: Hai Ming at 63915607 or onnhaiming@csc.sg

Register by: 24 Mar '18





Cookin' Good Times Workshops

WORKSHOP ENTRÉES

- Wu Liang Gold Coin Bak Kwa 金钱肉干
- CNY Allswell Special 好運連連
- Ah Po Wok Chai Fan 佬佬锅子饭

Date: Fri, 5 Jan '18
Time: 7pm – 9:30pm
Register by: 28 Dec '17

- Lisa's Gelatino Beads 丽莎果冻珠
- Emerald SNOW Bunny 翡翠白雪面包
- Melon Spaghetti Lo Han Dessert 瓜线甜点

Date: Sat, 3 Mar '18
Time: 2pm – 5pm
Register by: 26 Feb '18

- Coconut Cake ~ SIAM 暹罗椰片蛋糕
- Evergreen Palm Gula Pudding 常青冻布丁
- HAF Mustard Chicken 气炸芥末鸡

Date: Fri, 6 Apr '18
Time: 7pm – 9:30pm
Register by: 30 Mar '18

- Halogen Sio Bak 玫瑰烧肉 with Pasta
- HK Butter Soft Buns 港式牛油软餐包
- Allswell Special 4U

Date: Sun, 6 May '18
Time: 2pm – 5pm
Register by: 30 Apr '18

- Passion Fruit Bubble Cheese Cake 泡珠奶酪蛋糕
- Watercress Soup 西洋菜汤
- HK style Char Roast Pasta 烧腊意面

Date: Sun, 10 Jun '18
Time: 2pm – 5pm
Register by: 3 Jun '18

Partners:



EACH COURSE

Fees: Member \$20,
 Public Officer \$25,
 Guest \$28
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624
 or kuagekcheng@csc.sg

Baking By Harry CNY Cakes

At a time like CNY, cakes will take you places – to palate paradise and back, as you indulge yourself with these sweet delicacies.

Cakes can also gain you great favours among friends and family (including the otherwise hard-to-please mother-in-law!) as you hand them out as festive gifts for the new year.

TROPICAL DURIAN CAKE

A kingly treat guaranteed to spark exciting conversations when friends visit and to leave them feeling like royalty.

CHOCOLATE CREAM CHEESE LAYERED CAKE

How does one resist a healthier version of the traditional and rich kueh lapis?

BANANA BUTTER CAKE

The cannot-go-wrong butter cake enhanced richly with the flavours and fragrance of the cool banana.

Date: Fri, 12 Jan '18
Time: 7pm – 10pm
Fees: Member \$70,
 Public Officer \$75,
 Guest \$80
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391
 5624 or kuagekcheng@csc.sg
Register by: 8 Jan '18

SOCIAL ACTIVITIES

FOOD



Chef Lisa's Scrumptious Gourmet Workshops

WORKSHOP ENTRÉES

- Long Ma Jing Shen
- Silver Sprouts Coral
- CNY Surprise Gourmet

Date: Fri, 19 Jan '18
Time: 7pm - 9:30pm
Register by: 12 Jan '18

- Lisa's Ah Kong Dan Guo
- Omega Red Rice
- Sunquick Wonder Lulu

Date: Sat, 24 Mar '18
Time: 2pm - 5pm
Register by: 16 Mar '18

- John West Fusion Otah
- Iced Tomato Sponge Cake
- Leggo's Wonders Menu

Date: Sat, 14 Apr '18
Time: 2pm - 5pm
Register by: 6 Apr '18

- Lychee Beer Jello
- Leggo Café Baked Pork Chop Rice
- Grilled Saucy Pork Chops

Date: Fri, 18 May '18
Time: 7pm - 9:30pm
Register by: 11 May '18

- Passion Fruit Bubble Cheese Cake
- Napoletana Soupa de Pasta
- Recipe of the Day

Date: Fri, 1 Jun 18
Time: 7pm - 9:30pm
Register by: 28 May '18



EACH COURSE

Fees: Member \$20, Public Officer \$25, Guest \$28
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 63915624 or kuagekcheng@csc.sg

Partners:



IWD March 3.8 Blissful Cooking Workshop cum Buffet Dinner

International Women's Day is celebrated the world over to honour women's achievements throughout history and across nations. And it's no different at CSC.

So ladies join us as we celebrate the women in our midst with this special culinary workshop, exclusive to the fairer gender (that's right, the men don't get it!) Participants also get the chance to win attractive prizes at a Best-Dressed competition and a Lucky Draw.

Date: Fri, 9 Mar '18
Time: 6pm - 9:30pm
Fees: Member \$35, Public Officer \$38, Guest \$40 (Ladies Only. Fee includes buffet dinner and welcome door gift pack)
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Register by: 26 Feb '18

MENU FOR THE DAY

- Blissful Woman Jelly Squares
- Yuan Yang Prawns on Crispy You Tiao
- Fragrant Soup of the Day



Partners:



Fruity Wealth Fruitful Spring Workshop

Learn to dish out these culinary delights from another winning workshop by Chef Lisa and have a fruitful start to the new spring.

Fruity Wealth Lo Hei with Special Wine Dressing

Toss to prosperity and good health with a veggie and lots of fresh fruits version for extra dosage of vitamin, antioxidant and nutrient goodness.

Pineapple Doggy Tartlets Special

Pineapple tarts are a CNY must but learn these doggie-shaped ones and enjoy a woofy good snack with family and friends.

Crystal Stone Jelly Ingot 招财进宝 (zhāo cái jìn bǎo)

Bite into these jelly ingots and let the auspicious significance ooze out.



Partners:



Date: Fri, 2 Feb '18

Time: 7pm - 9:30pm

Fees: Member \$25, Public Officer \$30, Guest \$32

Venue: CSC @ Tessensohn

Contact: Gek Cheng at 63915624 or kuagekcheng@csc.sg

Register by: 26 Jan '18

CSC CNY Gourmet Treats Workshop

Equip yourself with more CNY gourmet concoctions to bring in the good fortune this Chinese New Year.

狗年万事如意 gǒu nián wàn shì rúyì

The fragrance from this hotpot with a drizzle of wine hits you right away, while the broth boiled to perfection - made from premium ingredients such as dried abalone, sea cucumber, fish maw, dried scallops, shark's fin bone - will prep you up for all the visiting.

和气生财翡翠年糕 Héqì shēngcái fěicuì niángāo

Hit a new high with this jelly cake made with rich coconut accentuated in luxurious jade colour.

竹笙龍鬚金華靚湯煲 Zhú shēng lóng xū jīnhuá jīng tāng bāo

Savour the good fortune of the new year by sipping this precious brew made from bamboo pith and Chinese ham.



Date: Fri, 9 Feb '18

Time: 7pm - 9:30pm

Fees: Member \$25,

Public Officer \$30, Guest \$32

Venue: CSC @ Tessensohn

Contact: Gek Cheng

at 6391 5624

or kuagekcheng@csc.sg

Register by: 2 Feb '18

Partners:



The Authentic Kueh Lapis

The tale of Chinese New Year and the must-have kueh lapis knows no origin. Perhaps it's just the symbolism of celebrating layers of abundance in this auspicious season. Besides who can resist the cake's moistness and aromatic flavours, especially when they are at special festive prices from the Authentic Baker Centre (ABC).

To order: Online via CSC's event booking system (Members), or email kuagekcheng@csc.sg (Public Officers / Member's Guests)

Payments: At any of the 3 CSC clubhouses from 9am - 9pm (Mon - Sun)

Collection: 12 Feb '18 at CSC @ Tessensohn only

Order by: 26 Jan '18

Kueh Lapis Flavours	Members	Public Officer / Guest
Original	\$35	\$38 / \$40
Prune, Cranberry, Walnut, Mixed Fruits or Choco	\$40	\$42 / \$44





Inline Skating for Beginners

Inline skating is good exercise and believe us, there's nothing like the freedom of being on wheels "fitted" to your feet. Learn this sport and enjoy a rollin' good time.

Each class comprises four sessions and is conducted on a group basis. Open to adults and children aged 4 and above.

(Participants may arrange alternative class schedules with the instructor.)

Fees: Member's Child \$85, Public Officer's Child \$90, Guest's Child \$95
(Fee includes rental of skating gear, elbow, wrist and knee shields for first-timers.)
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

Mon	Date: 8 – 29 Jan '18 or 5 – 26 Feb '18 Time: 6:30pm – 7:30pm Venue: Sengkang Basketball Court
Thur	Date: 4 – 25 Jan '18 or 1 Feb – 1 Mar '18 (No lessons on eve of PH) Time: 6:30pm – 7:30pm Venue: Choa Chu Kang Park
Fri	Date: 5 – 26 Jan '18 or 2 Feb – 2 Mar '18 (No lessons on PH) Time: 6:30pm – 7:30pm or 8pm – 9pm Venue: Pinnacle @ Duxton
Sat	Date: 6 – 27 Jan '18 or 3 Feb – 3 Mar '18 (No lesson on PH) Time: 3:30pm – 4:30pm or 5pm – 6pm Venue: East Coast Park Car Park F1



(Participants to arrive at class venue 15 minutes prior to lesson time to gear up. Bring own socks, water and insect repellent.)



Ms Ivy Wee



Ms Teriesa Goh

Karaoke Singing Classes (English & Chinese)

ENGLISH CLASS (CONDUCTED BY MS IVY WEE)

Let our instructors bring your singing talent to a higher level in our newly refurbished training room! Learn to sing your vowels and discover more about phonetic dictions, tempos and breathing exercises. Ms Ivy Wee and Ms Teriesa Goh are qualified vocal instructors from Wu Jia Ban Vocal Training School and have a Certificate in Music and Vocal Music Theory.

华语 + 福建歌唱技巧班招生
(吴美香老师指导)

吴美香老师拥有专业声乐教育证书, 她有多年的教学经验, 目前在吴家班歌唱学院任职。

她将教导学员如何应用歌唱的 13 种基本功夫和技巧及汉语拼音和福建拼音来诠释不同曲风的歌曲。

课程内容:

学唱一首歌, 歌唱基本功夫练习以及一对一雕歌 (学员可自由选择歌曲)

Date: 10 Wednesdays,
10 Jan – 14 Mar '18
Time:
(English) 7:30pm – 9:30pm
(Mandarin) 7pm – 9pm
Fees: Member \$150,
Public Officer \$180, Guest \$185
Venue: CSC @ Tessensohn
Contact: Vanessa at 6391 5641
or vanessachoo@csc.sg
Register by: 5 Jan '18



Melted Crayon Painting

Unleash your creativity to create original artpieces with melted crayons. Participants learn to melt crayons on a hot pan and then use the melted crayons to create artworks on the thin board canvas.

Materials provided: Electric stove, pan, thin board canvas, crayons, wooden spoons etc.

Date: Sat, 20 Jan '18
Time: 11am - 12:30pm
Fees: Member \$43, Public Officer \$49, Guest \$53 (Inclusive of materials)
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 12 Jan '18

(Fee includes a licensed nature guide and land transport to and fro Chek Jawa, but excludes the 2-way boat ride which costs \$6 per pax.)

Wah! Chek Jawa

Take a morning out-of-city living and join us on an adventure to Chek Jawa, one of Singapore's few best-kept secrets.

Come discover the wetlands' six ecosystems and the diverse array of animal and specie inhabitants in this nature corner. Get up close and personal with fiddler crabs, monitor lizards, some rare faunas and floras as well as the ubiquitous mangroves.

Date: Sun, 21 Jan '18 or Sat, 24 Feb '18
Time: 8am - 11:15am
Meeting point: 8am at Changi Point Ferry Terminal
Fees: Member \$20, Public Officer \$25, Guest \$30
 Suitable for children aged 3 and above
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 1 week before event date
 (Pre-registration is required. Limited seats per departure)



(Fee includes a felt kit containing all required materials and instruction booklet.)

Wool Felt Flowers Make Your Love Felt

NEW

Learn the art of wool felt flowers and create endless possibilities of blooms and bouquets to pamper your loved ones. Certainly, an ideal craft for the women with their exquisite touch, but also for the new-age men who love surprising the ladies in his life (wife, girlfriend, mother, sister...).

These felt flowers make a great hair accessory, a brooch pin, garland, also as home wall décor, the list is endless. Best of all, felt flora doesn't wilt and there's no need to fuss about watering. Participants will learn how to make mums (a versatile bloom often used as the centrepiece of the flower), a plumeria (fun and classic) and a rose (rolled and scalloped).

Date: Sat, 27 Jan '18
Time: 10am - 12pm
Fees: Member \$58, Public Officer \$65, Guest \$70
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 20 Jan '18

Dreamcatcher Making

Catch a good dream each night by hanging a beautiful dreamcatcher at the head of your bed. Learn to weave your dreamcatcher using colourful friendship threads and exquisite beads.

Date: Sat, 27 Jan '18
Time: 11am - 12:30pm
Fees: Member \$43, Public Officer \$49, Guest \$53 (inclusive of materials)
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 22 Jan '18



SOCIAL ACTIVITIES

FUN



Dimension: 8 x 8 x 6cm height
(Size of concrete planter)

- A selection of plants will be provided
 - Marbling is entirely handmade, as such, all end products will be unique.
- (Photos are for illustration purpose only.)

NEW

Marbled Planter & Concrete Square Lamp Casting Workshops

Two unique workshops to help you explore the limitless potential of the humble concrete. Choose to learn Marbled Planter Casting or Concrete Square Lamp Casting or even both!

Hone your crafting skills by immersing yourself into the process of concrete marbling and casting. Learn the fundamentals of mould making, casting and treating your unique pieces of work. Each participant will experience working with a variety of tools and get to bring home their personalised creations too!

Dates:

Marbled Planter Casting: Sat & Sun, 27 & 28 Jan '18

Concrete Square Lamp Casting: Sat & Sun, 24 & 25 Feb '18

Time: 10am - 12pm

Fees per workshop: Member \$70, Public Officer \$76, Guest \$79

Venue: CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

Register by: 22 Jan '18



Rubber Stamp Carving & Drawstring Bag Making

This workshop comprises two handicraft forms - rubber stamp carving and creating your own drawstring bag.

Learn the basic carving techniques and proceed to create some fun motifs, with which you get to stamp onto the fabric and then... walah! Your own drawstring bag in your own design, pretty and functional.

Date: Sat, 24 Feb '18

Time: 10am - 12pm

Fees: Member \$70, Public Officer \$76, Guest \$79

Venue: CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

Register by: 19 Feb '18

NEW



Stay Calm and Go Fishing!

Learn to fish and be fed for a lifetime, so goes the gist of the popular saying.

Start with the Beginner Angler's Course, designed for those interested in a trial of the sport or for those in search for a new hobby. This is a one-day course conducted out at scenic Lazarus Island where participants will learn both the basic theory and the practicals of this sport.

At the end of the course, you will be able to use a fishing setup confidently as well as handle a fish that's on the hook.

Note: There are no bathing facilities, only toilets with water hose for washing up.

Date: Sun, 4 Feb '18 and/or Sun, 11 Mar '18
Time: 8:30am – 5:30pm (Ferry departs 9am sharp so please be punctual.)
Fees: Member \$78, Public Officer \$84, Guest \$90 (Min age, 5 years*)
Venue: Place of embarkation is Marina South Pier, course will be at Lazarus Island
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 1 week before session

*5- to 12-year-olds must be accompanied by an adult who is also taking the course.

COURSE INCLUDES:

- Ferry transfer to and from Lazarus Island
- Beginner Angler's course handbook and starter kit
- Fishing equipment and accessories
- Light refreshments (lunch not provided)

Bring Your Own

Drinking water (at least 1.5l per person – there is no F&B vendor on the island and water is not potable)	Swimwear (optional for those who want to take a dip during breaks)	Small pouch or bag to keep your starter kit	Raincoat (you'd never know!)
Packed lunch	Sunglasses	Sunblock	Insect repellent

Yatch Fishing Trip

The waters around Singapore's Southern Islands holds our largest reef eco-system. It's also the habitat of many fish species especially when the seabed is littered with shipwrecks – the perfect environment for snappers and giant groupers.

This area is also your best bet if you are looking to break your personal Singapore's heaviest catch record. So head on south with us, but the following information will be useful.

Experience Required Able to tie your own fishing rigs

No. of Anglers Maximum 8

Trip Includes

- Guidance from an experienced and friendly fishing master
- Mineral water onboard
- Bringing back your own catch
- Ice for storage of catch
- Bait (live prawns)

Fishing Equipment

- Free for students from MFFA (but we recommend students to use their own setups for familiarity)
- For those not yet certified by MFFA, rental charges of \$25 per fishing rod and \$25 per reel are applicable, subject to availability of equipment
- Other necessary fishing accessories i.e. hooks, line and sinkers, are included when you rent a set of fishing rod and reel.

Bring Your Own

- Packed lunch
- Fishing equipment (applicable only for non-MFFA students, also refer to "Fishing Equipment" above)
- Sunblock
- Sunglasses
- Plastic bags to take back your catch
- Seasick pills
- Raincoat (umbrella is not recommended onboard the yacht)

Date: Sat, 24 Feb '18 and/or Sat, 17 Mar '18
Time: 8am – 5pm

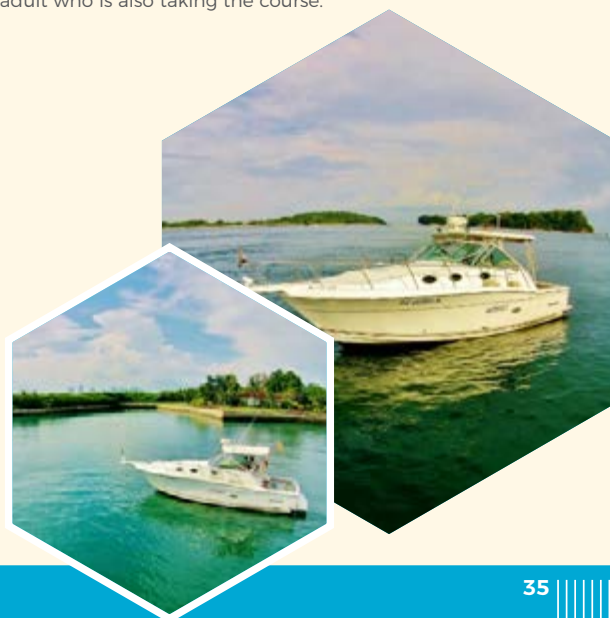
Fees: Member \$130, Public Officer \$140, Guest \$150 (Min age, 5 years*)

Venue: Place of embarkation is Republic of Singapore Yacht Club

Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg

Register by: 1 week before session

*5- to 12-year-olds must be accompanied by an adult who is also taking the course.



SOCIAL ACTIVITIES

FUN



Fighting Fish Vivarium DIY

NEW

Vivarium is ideal as home for small aquatic pets or aquarium plants. This is because they are built to be self-cleaning and are easy to maintain. Learn how to set up your own cosy and beautiful vivarium as well as the ecosystem. You will bring home with your very own vivarium which consists of one glass bottle, one fighting fish, sand, pebbles, seashell, coral and one marimo ball.

Date: Sat, 3 Mar '18
Time: 10am - 12pm
Fees: Member \$43, Public Officer \$46, Member's Guest \$49
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 26 Feb '18

Wakeboarding

Wakeboarding is the next generation of board sports, not unlike snowboarding or skateboarding except that this is done in water. To stay buoyant is the name of the game as you are pulled along at between 18 and 23 miles per hour behind a boat or cable! Some things cannot be described... you just have to experience it for yourself!

Date: Sat, 10 Mar '18
Time: 4pm - 7pm
Fees: Member \$75, Public officer \$82, Guest \$88
Venue: Marina country club
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 3 Mar '18



Yakult-Animals-Wheatgrass 3-in-1 Educational Roundup

What do Yakult the drink, The Animal Resort and the humble wheatgrass have in common?

None except that you can now take a one daytrip with us to get acquainted with three subject matters. How's that for a productive day out with the kids?

First stop: The **Yakult factory** for a documentary presentation on the benefits of probiotics on our digestive system, and a viewing of the plant's production process.

From high-tech to kampung idyllic, it's off to **The Animal Resort** next where animals roam free-rein around the compound. Mingle with kampung fowls including chickens, geese, ducks and four-legged friends such as the horse and some rabbits. You get to feed them too, offering we urbanites a rare experience.

The final stop is to **Kin Yan Agrotech** for a wheatgrass farm tour to understand how this is grown organically and the good it does for your health.

Date: Wed, 13 Mar '18
Time: 9am - 4:30pm
Fees: Member \$20, Public officer \$26, Guest \$32
Venue: Assemble 9am at the lobby of CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 6 Mar '18



SOCIAL ACTIVITIES

HEALTH



Boogie Bounce Xtreme Fitness

This is a complete exercise routine done on a mini trampoline fixed with a safety bar to bounce off those calories yet with minimal strain on your knees. Boogie to chart-topping music and get into an effective cardio and muscle toning session where every single muscle in your body is worked. Suitable for all ages. Available at both CSC Bukit Batok and Tessensohn!

Fees: Member \$140, Public Officer \$150, Guest \$160
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

Venue	CSC @ Bukit Batok	CSC @ Tessensohn
Dates	8 Mondays , 15 Jan – 5 Mar '18; or 8 Wednesdays , 7 Feb – 28 Mar '18	8 Fridays , 5 Jan – 2 Mar '18; or 8 Wednesdays , 21 Feb – 11 Apr '18
Time	8pm – 9pm	7pm – 8pm
Register by	10 Jan '18 (Mon class) 2 Feb '18 (Wed class)	1 Jan '18 (Fri class) 12 Feb '18 (Wed class)



Karate

Karate is an ancient Japanese art of self-defence. It gets the entire body to work as one using the hands to strike and block, while the legs kick as a means of attack. Modern-day karate is practised with protective paddings to avoid injuries. However, the demand for a full cardio workout is ever present to ensure a karate practitioner acquires the agility and speed needed to execute the various techniques.

A student typically progresses up to a new rank, signified by the colour of his/her belt every three months and to eventually arrive at the black belt. Kids as young as six and adults up to 70 years – male or female – are welcome to join our beginner's class. An ideal way to attain good health and meet new friends.

Date: 8 Sundays, 7 Jan – 25 Feb '18
Time: 3pm – 4pm
Fees for 2 months: Member \$120, Public Officer \$130, Guest \$140
Venue: CSC @ Bukit Batok
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 31 Dec '17

Bounce Dance Fit

Bounce DanceFit is a total body workout combining elements of dance, fitness and cardio. Bounce DanceFit is a floor dance fitness class and the choreography is fun and easy to follow to the beat of the latest top hits music. This addictive new class is for everyone!

Date: 4 Mondays, 8 – 29 Jan '18 or 5 – 26 Feb '18
Time: 7pm – 8pm
Fees: Member \$55, Public Officer \$60, Guest \$65
Venue: CSC @ Bukit Batok
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 3 Jan '18 or 1 Feb '18



SOCIAL ACTIVITIES

HEALTH



Kpop X Fitness

Burn up to 500 calories in this fun aerobic workout as you jam to the most popular K-pop tunes. Sweat it out to 14 K-pop songs and get into shape while feeling like a K-pop star!

Date: 8 Saturdays, 13 Jan – 10 Mar '18 (exclude 17 Feb)

Time: 12:10pm – 1pm

Fees: Member \$100, Public Officer \$110, Guest \$115

Venue: CSC @ Bukit Batok

Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg

Register by: 7 Jan '18



Stronger Knees & Joints Programme

This is a four-step framework designed to help improve knee and joint functions, reduce aches and enhance mobility without the use of painkiller, steroids or needles. Through an interactive learn-and-coach session, participants learn how to improve their internal systems, strengthen knees and joints, gain better knowledge and pick up techniques to maintain healthy knees and joints.

Date: 2 Fridays, 19 to 26 Jan '18

Time: 7:30pm – 9:30pm

Fees: Member \$70,

Public Officer \$76, Guest \$82

Venue: CSC @ Tessensohn

Contact: Gek Cheng

at 6391 5624

or kuagekcheng@csc.sg

Register by: 15 Jan '18

LOHAS Meridian Self-Therapy Programme (LOHAS-MSP)

The LOHAS-MSP comprises comprehensive and practical sessions to relieve and resolve common chronic health issues, such as headache and migraine, lethargy, sensitive nose and skin, sciatica pain, weight and digestion issues, insomnia and many more.

Date: 6 Saturdays, 24 Feb – 31 Mar '18

Time: 2:30pm – 5:30pm

Fees: Member \$340, Public Officer \$360, Guest \$370

Venue: Success Trees Training Room, 12 Arumugam Road #02-11

Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

Register by: 16 Feb '18

Qigong

A good night's rest is essential for one's wellbeing. Loss of sleep due to worry, over-fatigue or tension can be moderated by learning and practising **The Triple Path Meditative Exercise** and the **Self-Massage with Acupressure Exercise**.

The former technique helps clear clots along the energy 'qi' channels to achieve a smooth flow of 'qi' and blood circulation, providing physical relaxation, mental calmness and emotional stability.

Meanwhile the Self-Massage with Acupressure Exercise activates flow of the energy 'qi' and blood to the head, neck, face, mouth, nose, eyes, ears, chest, abdomen and kidneys to boost relaxation, relieving tensed nerves and muscles, getting rid of worries and fatigue.

Master both the Meditative and Self-Massage exercises for better sleep quality within a shorter time.

COURSE CONTENT:

- **The Triple Path Meditative Exercise** to clear 'qi' clots to enhance whole body relaxation
- **Self-Massage with Acupressure Exercise** to activate flow of the energy 'qi' and blood to boost mental calmness.

Date: Sun, 28 Jan '18

Time: 1pm – 5pm

Fees: Member \$45,

Public Officer \$52,

Guest \$58

Venue: CSC @

Tessensohn

Contact: Hai Ming

at 6391 5607 or

onnhaiming@csc.sg

Register by: 21 Jan '18



POUND® Fitness

One of the latest workouts to come to town... and to CSC! Using a single specially designed lightly weighted drumstick called the Ripstix®, POUND® transforms drumming into an incredibly effective way of working out.

It is a full-body workout that combines cardio, conditioning and strength training with yoga and Pilates-inspired movements. The 45-minute cardio jam session will be run by instructors from the Grace Sagaya Team.

Venue	CSC @ Bukit Batok	CSC @ Tessensohn
Dates	4 Wednesdays, 7 – 28 Feb '18; or 7 – 28 Mar '18	4 Thursdays, 1 Feb – 1 Mar '18 (No lesson on 15 Feb '18); or 8 – 29 Mar '18
Register by	25 Jan '18	2 Mar '18

Time: 7pm – 7:45pm

Fees: Member \$68, Public Officer \$75, Guest \$80
(Ripstix® will be provided for the class)

Venue: CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

Fun Tennis for Adults

Come and pick up tennis basics to get your foundation right and learn the important skills of footwork, coordination, court sense and even tactics. All this, while you have fun on the court with family and friends!

Beginners

10am – 11:30am	Member	\$150
	Public Officer	\$160
	Guest	\$170

Intermediate

1pm – 2:30pm	Member	\$175
	Public Officer	\$185
	Guest	\$195

Advanced

8:30am – 10am	Member	\$200
	Public Officer	\$210
	Guest	\$220

- No lessons on eve of or on public holidays
- Private group classes are available with a minimum of 4 pax. Please consult coach on date and timings.

Date: 6 Saturdays, 3 Feb – 17 Mar '18

Venue: CSC @ Tessensohn

Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg

Register by: 10 days before lesson begins

Hydrorider AquaBike Fitness

Take your bike session to the next level. Introducing you to Hydrorider AquaBike, an exercise routine where you pedal while immersed in the water. The water density, buoyancy and hydrostatic pressure work together to help shape your legs, get rid of cellulite, achieve your weight loss goals as well as improve your cardiovascular system and blood circulation. Too good to be true? Choose from any of these evening sessions and come see for yourself (bring your own aqua shoes):

TUE **Date:** 4 Tuesdays, 6 – 27 Feb '18 or 6 – 27 Mar '18
Time: 6:30pm – 7:30pm & 7:30pm – 8:30pm
Fees: Member \$100, Public Officer \$110, Guest \$120

THUR **Date:** 3 Thursdays, 1 – 22 Feb '18 (excl 15 Feb)
Fees: Member \$75, Public Officer \$83, Guest \$90

Date: 4 Thursday, 1 – 22 Mar '18

Fees: Member \$100, Public Officer \$110, Guest \$120

Time: 7:30pm – 8:30pm

Venue: CSC @ Tessensohn

Contact: Vanessa Choo
at 6391 5641 or vanessachoo@csc.sg

Class size: Max 5 pax

Register by: 1 week before class

SOCIAL ACTIVITIES

HEALTH



Yoga

Take time off to relax and rejuvenate your body. Conducted by experienced yoga instructor Rita, these yoga sessions comprise simple breathing exercises and slow meditation. This helps improve posture and balance, as well as enhance the harmonisation of your body, mind and soul in a tranquil setting.

Venue	CSC @ Bukit Batok	CSC @ Changi
Dates	10 Tuesdays, 6 Feb – 10 Apr '18	10 Sundays, 18 Mar – 3 Jun '18 (No lessons on PH, 1 Apr & 29 Apr '18)
Time	8pm – 9pm	10am – 11am
Register by	1 Feb '18	13 Mar '18

Fees: Member \$75, Public Officer \$82, Guest \$89

Contact: Serene Cho at 63915620 or serenecho@csc.sg

Zumba Fitness

Here is your chance to burn calories while have fun exercising. Zumba is a cardio dance programme that incorporates basic Latin dance moves with resistance exercises. It also includes floorwork, circuit training in some sessions and a good mix of effective aerobic moves to stretch those tensed up muscles.

Date: 4 Tuesdays, 6 – 27 Feb '18;

or 6 – 27 Mar '18

Time: 7pm – 8pm

Fees: Member \$50,

Public Officer \$55, Guest \$58

Venue: Available at CSC @ Bukit Batok & CSC @ Tessensohn

Instructors: Haynia (Bukit Batok) and Yumi (Tessensohn)

Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

Register by: 1 Feb '18 or 1 Mar '18



Table Tennis

Table tennis truly is a sport that can be enjoyed by all regardless of age or physical agility. Its benefits are many, some key ones being improved hand-eye coordination, alertness, concentration and tactical strategy. Because of the game's fast-paced short-distance format of play, both gross and fine muscle movements are built up. It's easy on the joints yet enhance your leg and arm strength. Above all, it's a fun and easy way to rid those stubborn calories.

What are you waiting for? Sign up today.

Date: 4 Fridays, 23 Feb '18 – 16 Mar '18

Time: 7:30pm – 9:30pm

Fees: Member \$95, Public Officer \$110, Guest \$120

Venue: CSC @ Tessensohn

Contact: Hai Ming at 6391 5607 or onnhaoming@csc.sg

Register by: 16 Feb '18



K-Kardio Dance NEW

K-Kardio Dance or Kpop Cardio Dance is a one hour non-stop contemporary aerobic and heart-pumping exercise regime, paired with simplified K-pop dance moves and K-pop music. It's a combination of Hip-hop, Pilates, Kickboxing, Aerobics and more! This heart-pumping exercise session increases heart rate and metabolic rate to gain you effective fat loss and helps tone muscles. Best part yet, anyone can do it - no dance experience is required!

Date: 8 Mondays, 26 Feb - 16 Apr '18
(No lessons on public holidays)
Time: 8pm - 9pm
Fees: Member \$100, Public Officer \$110, Guest \$120
Venue: CSC @ Tessensohn
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 20 Feb '18

Learn-to-swim with The Swim Society!

CSC has teamed up with The Swim Society to run our first-ever learn-to-swim programme! With Marcus Cheah, ex-national swimmer and Founder of The Swim Society, you will gain water confidence and learn swimming styles like butterfly stroke in no time.

Programme:

- Curriculum is taught in a term of 10 30-minute sessions
- For group lessons, minimum of three students is required to commence; private lessons also available
- Open to both kids and adults
- A proficiency assessment will be conducted prior to the first session
- All four strokes, along with water safety, will be taught at all levels
- All equipment is provided; only bring your own goggles

Date: 22 Mar - 25 May '18

*Choose preferred day of week - Mon, Fri or Sat

Time: AM: 8 - 11 or PM: 3 - 7

*Choose any preferred time from AM or PM timeslot

Fees (Group Lessons - 30 minutes per lesson):

Member \$330, Public Officer \$430, Guest \$450

Fees (Private Lessons - 45 minutes per lesson):

Member \$900, Public Officer \$950, Guest \$970

Venue: CSC @ Tessensohn

Contacts:

For payment: Vanessa at 6391 5641 or vanessachoo@csc.sg

For scheduling: Marcus at marcus@theswimsociety.com

Register by: 15 Mar '18

For more information on schedule and other terms and conditions, visit www.theswimsociety.com/schedule.

Tennis by Singapore Tennis School

Singapore Tennis School offers a wide range of lessons to students of various ages and abilities. All coaches are certified Australian tennis instructors. Refer to table for weekly group class scheduling.

Adult Programme (@ Tessensohn)

Beginner	8am - 9am	Every Sun
Intermediate	9am - 10am	Every Sun

Cardio Tennis Programme (@ Tessensohn)

Cardio	10am - 11am	Every Sun
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Junior Programme (@ Bukit Batok)

Beginner	8am - 9am	Every Sat
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Fees for 4 lessons: Member \$110, Public Officer \$115, Guest \$120

Venue: CSC @ Tessensohn & CSC @ Bukit Batok

Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg

Register by: 10 days before lesson begins



SOCIAL ACTIVITIES

KIDS



Kids Can Bake

For 3 to 11 years old

More parent-child bonding opportunities at this workshop for you and kids.

Prosperity Doggie Pineapple Tarts

Date: Sat, 27 Jan '18 or Sun, 11 Feb '18

Time: 4pm – 6pm or 10:30am – 12:30pm

Register by: 19 Jan '18 or 5 Feb '18

Jade Green Pea Cookies

Date: Sat, 3 Feb '18

Time: 1:30pm – 4pm

Register by: 26 Jan '18

Doggie Cookies

Date: Sun, 25 Feb '18

Time: 4pm – 6pm

Register by: 19 Feb '18

Fees: Member \$65, Public Officer \$72, Guest \$75 (for 1 parent-child pair)
For each additional child:
Member \$40, Public Officer \$45, Guest \$45 (Fees inclusive of all workshop materials and ingredients)
Venue: City Square Mall #07-08
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg



Tasty Funz Workshops for Parent-Child

For those whose children are 6 to 12 years old

HUAT AH! Celebrate this new Spring with lots of creative food fun! Choose from two of our cooking workshops specially designed to spring opportunities for you to bond with your little ones and hear them squeal with delight over food creations made with love.

'Sweet Fortune Surprises' Fondant Cookie Decorating

Usher in good fortune and celebrate the Year of the Dog with fortune cookies. Pair up your child to make your own sweet cutsey cookie pops featuring popular cartoon dog characters such as Pluto, Goofy, Pompompurin and Cinnamoroll at our fun Fondant Cookie Decorating Workshop.

What better way to share sweet blessings and bring prosperity to loved ones this festive season.

Date: Sat, 10 Feb '18
Time: 2:30pm – 4:30pm
Fees: Member \$65, Public Officer \$72, Guest \$78 (for 1 parent-child pair)
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 3 Feb '18

'Babes Over Flowers' Creative Bento Art

Learn to prepare your own lovely 'Babes over Flowers' Bento comprising a pair of adorable baby hedgehogs surrounded by garden beauty at our Creative Bento Art Workshop. Guaranteed a visual delight that will bring on happy smiles to both parent and child.

Date: Sat, 24 Mar 2018
Time: 2.30pm – 4.30pm
Fees: Member \$65, Public Officer \$72, Guest \$78 (for 1 parent-child pair)
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 17 Mar '18



ACE Brains Programme Intro Class

For 5 to 12 years old

Sharpen your child's thinking skills to help make the most out of his learning! Before committing to a longer term cognitive development programme for him, come join this two-hour class where your child* will:

- Enjoy a personalised and tailored-fit training that will stimulate the brain to improve intellectual abilities.
- Emerge more successful in both in-and-out classroom learning.
- Receive an initial brain profiling to identify their unique strengths as well as highlight areas of improvements required.

Parents will be briefed on the results of your child's initial brain assessment.

Date: Sat, 10 Mar '18

Time: 11:15am – 1:15pm

Fees: Member's Child \$22, Public Officer's Child \$28, Guest's Child \$30

Venue: North Bridge Road

Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

Register by: 2 Mar '18

Do-It-Yourself Slime Workshop

For 6 to 12 years old

Get your kids to enjoy some glittery slime fun as they craft their own Galaxy Slime at this unique creative workshop. Each kid gets to bring home two containers of slime! All equipment and ingredients provided.

Date: Sat, 10 Mar '18

Time: 10:30am – 12pm

Venue: CSC @ Tessensohn

Fees: Member's Child \$22, Public Officer's Child \$28, Guest's Child \$30

Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg

Register by: 2 Mar '18

Fun with Shrinky Art

For those who may not know, shrinky art is working with thin sheets of plastic pre-printed with designs to get them coloured, cut out and then baked in the oven. Huge part of the fun is watching these sheets thicken and shrink to about a third of the original size, within minutes!

Kids will also learn how to turn these into keychains or fridge magnets which they will get to bring home.



Date: Sat, 17 Mar '18

Time: 10am – 11:30am

Fees: Member's Child \$28, Public Officer's Child \$35, Guest's Child \$38

Venue: CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

Register by: 12 Mar '18

Self-Balancing Jumbo Wheels

For 6 to 12 years old

Watch your kids toughen up as they roll up their sleeves at this DIY Engineering Workshop to build their own Big-wheeled speedster. While they pick up some science too as they learn how this machine made with two Jumbo wheels can balance itself.

All required motors, gears, wheels and other parts are provided. Just bring their young exploring mind and let them benefit from some inquisitive learning. Students can also race their friends as they get to bring back their Jumbo Wheelers!

Date: Sat, 17 Mar '18

Time: 10:30am – 12pm

Fees: Member's Child \$40, Public Officer's Child \$50, Guest's Child \$60

Venue: CSC @ Tessensohn

Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg

Register by: 12 Mar '18



SOCIAL ACTIVITIES

MUSIC



Master the Erhu

One of the most popular Chinese instruments, the two-stringed erhu is easy to pick up. Instructor Pang Chin Soon, diploma holder in Erhu and more than 20 years of experience playing this instrument, will help ensure you can play a tune within minutes!



A minimum of six participants is needed to begin the class. Participants need to bring their own Erhu.

Venue	CSC @ Bukit Batok	CSC @ Tessensohn
Dates	10 Fridays, 26 Jan – 6 Apr '18 (No lessons on PH)	10 Wednesdays, 7 Feb – 11 Apr '18
Register by	19 Jan '18	31 Jan '18

Time: 7:15pm – 8:15pm (Session 1); 8:15pm – 9:15pm (Session 2)

Fees: Member \$175, Public Officer \$188, Guest \$194

Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

Learn to Play the Guitar

This guitar course prepares participants for the Trinity Pop and Rock Guitar Exam administered by Trinity College London, a leading international exam board and independent education charity that has been providing assessments around the world since 1877.

Initial grade – Students can develop a range of skills and techniques including power chords, rhythm off the riff, melodic playing and chord accuracy. In the exam you'll play a set list of three songs and demonstrate your playback or improvising skills.

Grade 1 – Students can develop a range of skills and techniques including single note riff, power chord riff, articulation and picking precision. In the exam you'll play a set list of three songs and demonstrate your playback or improvising skills.

Conducted by guitar coach Fahmy Ismail is a seasoned musician and experienced performer who has been playing the guitar as his main instrument for more than 25 years. Many have trained under him in his private classes which he has been conducting for 15 years and more. Other instruments he is well-versed in include the acoustic and electric guitar as well as the ukulele.



Date: 12 Sundays, 28 Jan – 15 Apr '18

Time: 5pm – 6pm

Fees: Member \$420, Public Officer \$440, Guest \$460 (for ages 8 years and above). Participant is required to bring their own guitar.

Venue: CSC @ Tessensohn

Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

Register by: 22 Jan '18

SELF IMPROVEMENT



Hit It Right With IT!

Introducing our latest line-up of IT Courses for sign-ups according to your interest and your literacy level in IT matters.

Creating Web Pages with HTML5

2 days (14 hrs)

This 2-day hands-on project-based course provides participants with the opportunity to put together a professional looking website and attain a firm foundation and understanding of HTML5 structure.

Topics include:

- The 'Must Haves' and 'Good to Have' in Website Design
- The 3 Key Stages in Web Development
- Introduction to HTML5 and Webpages
- Connecting to a Server (FTP) LIVE Uploading
- Understanding the Layout and Getting it Right
- Working with <DIV> tags
- Fundamental Tags
- Specifying File Location (Path)
- Working with Backgrounds, Images and Links
- Using Essential CSS3 to target elements more precisely

Date: 2 Days, 16 – 17 Jan '18 or 1 – 2 Mar '18

Time: 9am – 5pm

Fees: Member \$360, Public Officer \$370, Guest \$380

Venue: The Adelphi Singapore

Contact: Vanessa at 6391 5641

or vanessachoo@csc.sg

Register by: 1 week before

Microsoft Excel 2016 Basic to Intermediate

2 Days (14 hrs)

This 2-day hands-on basic to intermediate course covers the how-to's of creating proper database, organised spreadsheets with cell referencing across multiple worksheets or workbooks. You will also learn how to create formula and basic Excel functions to perform calculations. The new feature "Do Things Quickly and New Chart Types will also be covered and more:

Topics include:

- Introduction to Excel 2016
- Excel 2016 Interface
- New Feature: Do Things Quickly, New Chart Types
- Understanding the different types of data
- Manipulating worksheets
- Different ways of viewing large amount of data
- Different types of calculation operators
- Create formula to automate work and solve problems
- Create Excel basic functions

A Certificate of Attendance will be given subject to 90% attendance. Refreshments are provided for morning and afternoon tea breaks.

Date: 2 Days, 8 – 9 Feb '18
or 7 – 8 Mar '18

Time: 9am – 5pm

Fees: Member \$310,
Public Officer \$320, Guest \$330

Venue: The Adelphi Singapore

Contact: Vanessa at 6391 5641
or vanessachoo@csc.sg

Register by: 1 week before class

Photoshop CC Fundamentals

3 Days (21 hrs)

This 3-day foundation building course is designed to help you successfully navigate through the image-editing process from capture to output with emphasis on techniques and skills while keeping the terminology simple and layman friendly.

Topics include:

- Using Tools and Panels in Photoshop CC
- Retouching and Enhancing Photos in Adobe Camera Raw
- Layers: The key of development
- Navigation
- Selection: Choosing what to Edit
- Retouching and Enhancing Tools
- Adding Graphics Effects with Layer Styles
- Working Smarter with Filters

Date: 3 Days, 26 – 28 Feb '18
or 5 – 7 Mar '18

Time: 9am – 5pm

Venue: The Adelphi Singapore

Fees: Member \$470,
Public Officer \$480, Guest \$490

Contact: Vanessa at 6391 5641
or vanessachoo@csc.sg

Register by: 1 week before

SOCIAL ACTIVITIES

SELF IMPROVEMENT



Conversational Mandarin

Open to all races, the class conducted in Mandarin with English explanation. The course focuses on simple and functional daily dialogues.

Trainer Tan Swee Liang is a member of Singapore Writer Association, Mandarin Trainer at PA since 2002, teaching Mandarin and English Language at Queenstown PAP Community Foundation, Continual Learning Center since 2005

Date: 6 Saturdays,
24 Feb to 31 Mar '18
Time: 7:30pm – 9pm
Fees: Member \$65,
Public Officer \$75, Guest \$85
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607
or onnhaiming@csc.sg
Register by: 17 Feb '18



Conversational Teochew for Beginners

Want to learn to speak dialects so you can communicate with your elders as well as kinsmen? Dialects are languages that are becoming extinct in Singapore hence it is up to you to preserve them!

Date: 4 Mondays, 26 Feb – 19 Mar '18
Time: 7:30pm – 9pm
Fees: Member \$45, Public Officer \$55, Guest \$65
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607
or onnhaiming@csc.sg
Register by: 19 Feb '18

Chinese Chess

In days of old, Chinese chess was a game only for the intellectuals and people with critical thinking abilities. Today, Chinese chess is played by all age groups from all walks of life.

More than a mere recreational pursuit, research has shown that the game improves one's decision-making ability. For children especially, it keeps them alert and attentive and develops in them good concentration – useful for their classroom assignments.

The art of moving each chess piece only after careful thought and consideration helps to enhance the analytical and problem-solving capability in learners, while boosting their creativity.

Master Trainer Vincent Lim is a Neuro-Linguistic Programming (NLP) Master Practitioner and has been in the field of training and development since 2010.

Date: 2 Sundays, 24 Feb
and 3 Mar '18
Time: 10am – 11:30am
Fees: Member \$120,
Public Officer \$130, Guest \$140
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607
or onnhaiming@csc.sg
Register by: 17 Feb '18



Public Speaking For Adults

Modelled closely on the content and structure of the renowned Toastmasters, this bilingual public speaking course is designed to help learners overcome the fear in public speaking. It covers both HOW TO SAY (including non-verbal communication, such as body language and gestures) and WHAT TO SAY (choice of words and speech structure).

The course has a great emphasis on experiential learning, providing ample practice opportunities for learners to learn through individual speech delivery as well as group discussions.

Participants receive a complimentary course book, together with a free login to WEISLIN Learning Management System (LMS) to access learning videos and an array of supplementary learning materials.

Trainer Vincent Lim has coached students from diverse backgrounds - more than 20 nationalities and of ages ranging from 3 to 65 years old. An active member of Toastmasters International, Vincent was crowned the National Champion for Mandarin Speech Evaluation Contest 2014 and National Champion for Mandarin Prepared Speech 2016.

Date: 2 Saturdays,
24 & 31 Mar '18
Time: 9am – 4pm
Fees: Member \$340,
Public Officer \$360,
Guest \$380
Venue: CSC @ Tessensohn
Contact: Hai Ming
at 63915607
or onnhaiming@csc.sg
Register by: 17 Mar '18

Basic Photography Workshop (Express)

No time for a full photography course? Then this would be your next-best option.

This one-day Basic Photography Workshop is designed for busy individuals who want to learn how to use their camera and be able to take better photos. You will be surprised how much you'll be able to learn in just 5 hours.

This workshop equips you with tips and tricks of photography in an Outdoor Live Demo Theory Session at the first session, followed by a second one which is a hands-on practical session conducted at the Singapore Botanic Gardens.

By the end of the workshop, you will have mastered basic usage of your camera and learnt its traits, quirks and functionality. Best of all, we guarantee a dramatic improvement in the quality of your photos.

Date: 4 Mar '18
Time: 9am – 3pm
(1 hour lunch break in between at participant's own expense)
Fees: Member \$100, Public Officer \$120, Guest \$150
Venue: Singapore Botanic Gardens
Contact: Hai Ming at 63915607 or onnhaiming@csc.sg
Register by: 25 Feb '18





1 Day Shopping Tours

JB Lunar New Year Shopping

Itinerary: Kelapa Sawit (JB) for Hakka Breakfast -> Kampong walk -> Shopping at Layang-Layang for local products -> Free & Easy shopping at Bukit Indah Mall or Sutera Mall -> Journey back

Fees	Adult	Child (<11 years)
Member	S\$ 78	S\$ 76
Public Officer	S\$ 82	S\$ 80
Guests	S\$ 84	S\$ 82



Package includes

- 1-day usage of Air-con 40-seater coach
- Shopping for Lunar New Year Goodies at Kelapa Sawit, Tong Garden Peanut, JB Local Product Shops, Bukit Indah Mall
- Hakka Breakfast, Lunch and Dinner
- Group Travel Insurance covers \$10,000 - Personal Accident & S\$500 - Medical Expenses on Accidental injuries only (age 15 days old - 80 yrs old)
- 1 Malaysian registered Tour Guide
- 1 Tour Leader to co-ordinate smooth running of itinerary
- Tipping for Driver and Tour Guide

Package excludes

- All items of personal nature
- Visa fee

Date: Sat or Sun, 3 or 4 Feb '18

Meeting Time/Place:

8am at Lavender MRT (next to V Hotel, opposite ICA Building) or 8.15am at Kranji MRT (opposite bus stop heading towards Checkpoint)

Contact: Gek Cheng at 63915624 or kuagekcheng@csc.sg

Register by: First-come-first-served

Tour by: Wei Xing Travel Pte Ltd (formerly known as I'Smart Leisure)



Shopping In Mersing

Itinerary: Breakfast (own expense) -> Salted Egg Yolk Bun Confectionary -> Fu Shun Temple -> Coffee break -> Sea Cucumber wholesaler -> Lunch -> Dry Seafood shopping -> Dinner -> Journey back

Fees	Adult	Child (<11 years)
Member	S\$ 76	S\$ 70
Public Officer	S\$ 82	S\$ 76
Guests	S\$ 85	S\$ 78

Package includes:

- 1-day usage of Air-con 40-seater bus
- 1 Lunch / 1 Dinner
- Entrance as per itinerary
- Group Insurance Medical S\$500, Accident Death & Disability S\$10,000
- Tipping for Guide & Driver

Package excludes:

- All items of personal nature
- Visa fee

Date: Sun, 4 Feb '18

Time: 6:30am at CSC @ Tessensohn

Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

Register by: 30 Jan '18

Tour by: Amazing Explorer Pte Ltd

Other requirements:

- International passport with at least six-month validity from the date you are departure



Layang-Layang New Year Shopping

Itinerary: Breakfast (own expense) -> Tapioca Factory famous for their chips and CNY kueh-kueh -> Nearby Mini Market famous for soya sauce -> Lunch -> Local Products & CNY Goodies shopping -> Dinner -> Journey back

Fees	Adult	Child (<11 years)
Member	S\$ 74	S\$ 65
Public Officer	S\$ 78	S\$ 75
Guests	S\$ 82	S\$ 78

Package includes:

- 1-day usage of Air-con 44-seater bus
- Experienced Malaysian Tour Guide
- Meals & entrance fee as per itinerary
- Group Insurance Medical S\$500, Accident Death & Disability S\$10,000
- Tipping S\$2

Package excludes:

- All items of personal nature

Date: Sun, 10 Feb '18

Time: 6:30am at CSC @ Tessensohn

Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

Register by: 2 Feb '18

Tour by: Amazing Explorer Pte Ltd

Other requirements:

- International passport with at least six-month validity from the date you are departure



Festive Shopping at Local Hot Spots

To save yourself the hassle of running in all directions around the island to stock up for the festive season, sign up for our shopping spree.

9:50 - 10:50am	Highlanders International for your supplies of whole grains, healthy beverages and their range of nutritious yet delicious alternatives.
11:35 - 12:20pm	More health products but from Sofei: from Korean black bean soy beverages to fruit teas, and wildflowers honey to Korean ginseng jelly.
1:30 - 2:10pm	Kwong Cheong Thye soya and cooking sauces need no introduction. Also their Yusheng Raw Fish Salad containing the finest ingredients.
2:20 - 3:00pm	William Koo Sea Product Factory for processed sea cucumbers and cuttlefish, at best value prices.
3:10 - 3:45pm	When you step into any malls, and you get hit by the Fragrance of bak kwa, you know CNY is here.



Date: Sat, 10 Feb '18

Time: 9am - 4:30pm

Fees: Member \$17,

Public officer \$25, Guest \$28

Venue: Gather at lobby of CSC @ Tessensohn at 9am

Contact: Hai Ming at 6391 5607

or onnhaiming@csc.sg

Register by: 3 Feb '18

Muar - River Cruise, Oyster Tasting & Shopping Trip

Itinerary: Breakfast (own expense) -> River Cruise -> Oyster Tasting -> Muar Street Food for lunch (own expense) -> Street Art -> Shopping -> Dinner -> Journey back

Fees	Adult	Child (<11 years)
Member	S\$ 78	S\$ 70
Public Officer	S\$ 82	S\$ 75
Guests	S\$ 85	S\$ 80

Package includes:

- 1-day usage of Air-con 40-seater bus
- Experienced Malaysian Tour Guide
- Meals & entrance fee as per itinerary
- Group Insurance Medical S\$500, Accident Death & Disability S\$10,000
- Tipping for Guide & Driver

Package excludes:

- All items of personal nature
- Visa fee

Date: Sat, 31 Mar '18

Time: 6.30am at CSC @ Tessensohn

Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

Register by: 23 Mar '18

Tour by: Amazing Explorer Pte Ltd

Other requirements:

- International passport with at least six-month validity from the date you are departure





Activity	Date	Time	Instructor	Fees			Group Size	Register By
				Member	Public Officer	Guest		

Ballroom for Beginners | For info, contact Gek Cheng @6391 5624 or kuagekcheng@csc.sg

Slow Foxtrot	10 Sundays, 7 Jan – 11 Mar '18	2pm – 3pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	2 Jan '18
Bachata Tango	10 Sundays, 7 Jan – 11 Mar '18	3pm – 4pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	2 Jan '18
Ballroom Tango Level 2	10 Sundays, 7 Jan – 11 Mar '18	4pm – 5pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	2 Jan '18
Waltz	10 Tuesdays, 9 Jan – 13 Mar '18	8pm – 9pm	Mr Wu	\$70	\$75	\$80	12 Pax (Min)	3 Jan '18

Aqua Aerobics | For info, contact Vanessa @6391 5641 or vanessachoo@csc.sg

Deep Water Aqua

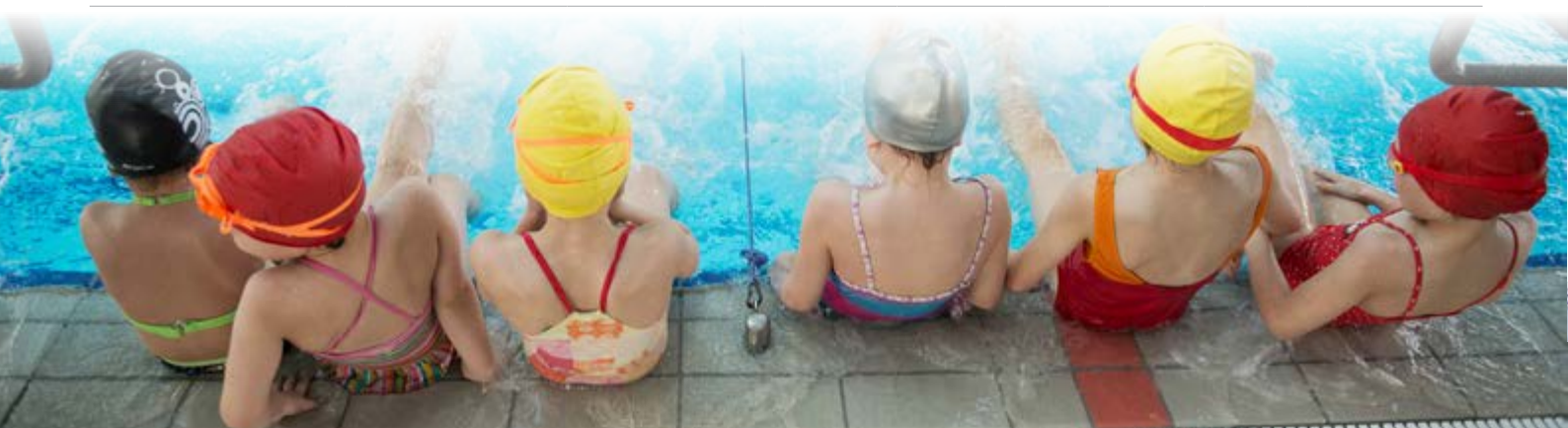


10 Thursdays, 29 Mar – 31 May '18 (No lessons on 15 Feb)	6:30pm – 7:30pm	Anthea	\$85	\$95	\$110	18 Pax (Max)	1 Mar '18
10 Fridays, 9 Mar – 18 May '18 (No lessons On PH)	7pm – 8pm or 8pm – 9pm	Vikki	\$85	\$95	\$110	18 Pax (Max)	2 Mar '18
10 Saturdays, 31 Mar – 2 Jun '18 (No lessons on 17 Feb)	8am – 9am Or 9am – 10am	Anthea	\$85	\$95	\$110	18 Pax (Max)	10 Mar '18
10 Tuesdays, 27 Mar – 12 Jun '18 (No lessons On PH)	8am – 9am	Vikki	\$85	\$95	\$110	18 Pax (Max)	20 Mar '18
10 Wednesdays, 11 Apr – 13 Jun '18 (No lessons On PH)	6:15pm – 7:15pm or 7:15pm – 8:15pm	Vikki	\$80	\$90	\$105	18 Pax (Max)	8 Apr '18

Aqua	12 Sundays, 22 Apr – 8 Jul '18 (No lessons on PH)	9am – 10am	Vikki	\$80	\$90	\$105	18 Pax (Max)	17 Apr '18
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Swimming | For info, contact Vanessa @6391 5641 or vanessachoo@csc.sg

Children	4 Lessons Jan/Feb '18 Choice of Sat/ Sun	Depends on swimming Level & Age (Instructors will Advise)	Kurusamy / Seng Yung / Derick/ Chang	\$70	\$80	\$85	15 Pax	15 Jan '18 15 Feb '18
Ladies (Beginner)	10 Mondays, 26 Mar – 28 May '18 (No lessons on PH)	7pm – 8pm	Thipa	\$210	\$220	\$230	12 Pax	20 Mar '18
Ladies (Intermediate)	10 Mondays, 26 Mar – 28 May '18 (No lessons on PH)	8pm – 9pm	Thipa	\$210	\$220	\$230	12 Pax	20 Mar '18





Activity	Date	Time	Instructor	Fees			Group Size	Register By
				Member	Public Officer	Guest		

Martial Arts | For info, contact Hai Ming @6391 5607 or onnhaiming@csc.sg

Traditional Taekwon-Do



13 Saturdays,
7 Apr – 30 June '18
(No lessons on PH or eve of PH)

3pm – 4:30pm
(Beginner & Coloured Belt)
Or
4:30pm – 6pm
(Red & Black Belt Only)

Singapore
Taekwon-Do
Academy

\$60

\$70

\$80

10 Pax

31 Mar '18



Wing Chun Kung Fu, "Chi Sau"

4 Thursdays,
1 – 22 Feb '18
(No lessons On PH)

8pm – 10pm

Sifu Ken
Lau

\$90

\$95

\$100

10 Pax

25 Jan '18

5 Thursdays,
1 – 29 Mar '18
(No lessons On PH)

8pm – 10pm

Sifu Ken
Lau

\$90

\$95

\$100

10 Pax

24 Feb '18

Wing Chun Kung Fu, "Chi Sau" (Adult Beginner)

3 Saturdays,
3 – 24 Feb '18
(No lessons On PH)

9am – 10:30am

Sifu Ken
Lau

\$90

\$95

\$100

10 Pax

27 Jan '18

5 Saturdays,
3 – 31 Mar '18
(No lessons On PH)

9am – 10:30am

Sifu Ken
Lau

\$90

\$95

\$100

10 Pax

24 Feb '18

Wing Chun Kung Fu, "Chi Sau" (Adult Intermediate)

3 Saturdays,
3 – 24 Feb '18
(No lessons On PH)

11:30am – 1pm

Sifu Ken
Lau

\$90

\$95

\$100

10 Pax

27 Jan '18

5 Saturdays,
3 – 31 Mar '18
(No lessons On PH)

11:30am – 1pm

Sifu Ken
Lau

\$90

\$95

\$100

10 Pax

24 Feb '18

Wing Chun Kung Fu, "Chi Sau" (Children 6 – 12 yrs)

3 Saturdays,
3 – 24 Feb '18
(No lessons On PH)

10:30am – 11:30am

Sifu Ken
Lau

\$90

\$95

\$100

10 Pax

27 Jan '18

5 Saturdays,
3 – 31 Mar '18
(No lessons On PH)

10:30am – 11:30am

Sifu Ken
Lau

\$90

\$95

\$100

10 Pax

24 Feb '18

Studio Fitness | For info, contact Serene Cho @6391 5620 or serenecho@csc.sg

Yoga

10 Fridays,
2 Mar – 11 May '18

7pm – 8pm
Or 8pm – 9pm

Huay Lin

\$75

\$80

\$85

12 Pax
(Min)

23 Feb '18

Pilates

10 Mondays,
19 Mar – 21 May '18

7pm – 8pm

Mabeline

\$85

\$95

\$100

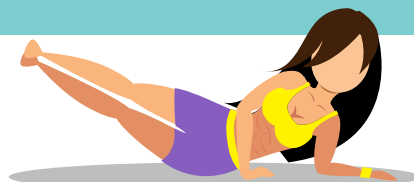
12 Pax
(Min)

12 Mar '18



REGULAR ACTIVITIES

CSC @Bukit Batok



Acitivity	Date	Time	Instructor	Fees			Group Size	Register By
				Member	Public Officer	Guest		
Aqua Aerobics For info, contact Vanessa @6391 5641 or vanessachoo@csc.sg								
Deep Aqua	10 Saturdays, 7 Apr – 30 Jun '18 (No Lesson On PH)	8:30am – 9:30am	Kelvin	\$85	\$95	\$110	18 Pax (Max)	1 Apr '18
	10 Tuesdays, 16 Jan – 20 Mar '18 (No Lesson On PH)	7pm – 8pm	Vicsland	\$85	\$95	\$110	18 Pax (Max)	10 Jan '18
Martial Arts For info, contact Hai Ming @6391 5607 or onnhaiming@csc.sg								
Aikido (Children)	10 Sundays, 18 Feb - 22 Apr '18 (No lessons on PH)	10am – 11am	Steven Goh	\$120	\$130	\$135	20 Pax	11 Feb '18
Aikido (Adult)	10 Sundays, 18 Feb – 22 Apr 18 (No lessons on PH)	11am – 12pm	Steven Goh	\$120	\$130	\$135	20 Pax	11 Feb '18
Traditional Taekwon-Do	13 Saturdays, 7 Apr – 30 Jun '18 (No lessons on PH or eve of PH)	3pm – 4.30pm	Singapore Taekwon-Do Academy	\$60	\$70	\$80	10 Pax	31 Mar '18
				\$100 parent & child pair \$150 parent & 2 children				
Swimming For info, contact Vanessa @6391 5641 or vanessachoo@csc.sg								
Children	4 Lessons Jan/ Feb '18 Choice of Sat/ Sun	Depending On Swimming Level & Age (Instructors will Advise)	Yusman/ Ishaak/ Paul/ Vishnu	\$70	\$80	\$85	15 Pax	15 Jan/ 15 Feb '18
Studio Fitness For info, contact Serene Cho @6391 5620 or serenecho@csc.sg								
Pilates	10 Saturdays, 6 Jan – 17 Mar '18 (No lessons on PH)	11am – 12pm	Agnes	\$85	\$95	\$100	12 Pax (Min)	3 Jan '18

CSC @Changi



Swimming For info, contact Vanessa @6391 5641 or vanessachoo@csc.sg								
Children	4 Lessons Jan/ Feb '18 Choice of Sat/Sun	Depending On Swimming Level & Age (Instructor Will Advise)	Chang Mun Chung	\$70	\$80	\$85	15 Pax	15 Jan/ 15 Feb '18

Name (*Mr/Mrs/Mdm/Miss): _____

CSC M'ship no./NRIC No: _____ **M'ship type:** *Ordinary/ Supplementary/ Retiree/ Life/ Associate **Gender:** *Male/ Female

Address: _____ Singapore (_____)

Contact No: _____ **Email:** _____ **Marital status:** *Single/Married

I would like to participate in: _____ **(Activity & Date) for** _____ **members including myself.**

Indicate name and m'ship nos. if more than one member: _____ **and () guests.**

Indicate name(s) of guest(s): _____

*Delete as appropriate • For more than one activity and/or extended list of guests, please attach sheets separately • For swimming lessons, please contact the clubhouse at 6391 5605 • For badminton, please contact the sports section at 6391 5619.

Important notes

- Registration of activities is based on a first-come-first-served basis.
- All guests must be accompanied by members.
- All fees paid are non-refundable unless the activity is cancelled by the club. Please contact us if you do not hear from us one week before the activity.
- Applications must be accompanied by full payment. Please send separate cheques for different activities.

- Crossed cheques are to be made payable to "Civil Service Club" unless otherwise stated.
- Unless otherwise stated, cheques should be sent to:
Social Manager, Civil Service Club, 60 Tessensohn Road, Singapore 217664
- The Civil Service Club and its management will be kept fully indemnified against all claims, loss or damage whatsoever to participants arising from any cause in connection with activities organised or participation therein.

Civil Service Club

Associate Membership Promotion

For Non-Public Service Officers (Singaporeans & PR)



Apply now at www.csc.sg/Membership
and receive a \$10 CSC Club voucher!



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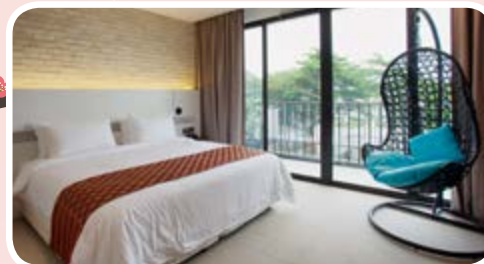
YEAR
MEMBERSHIP
\$900



Luminox Gents
White Leatherback
Sea Turtle*
RRP \$422.70

Promo Code: LX

OR



Chalet 2 nights (offpeak) stay**
RRP \$296

Promo Code: CRN2N

2

YEAR
MEMBERSHIP
\$600



Grunn i1-Ecobot Red*
RRP \$239

Promo Code: ROBOT

OR



Kristen Bread
Maker
RRP \$349

Promo Code: KBM

1

YEAR
MEMBERSHIP
\$300



Morries BBQ Grill
with Hot Pot*
RRP \$109

Promo Code: HOTPOT



福

CNY Promotion ends
28 February 2018

<http://www.csc.sg> | 6391 5604 / 6514 6396 | membership@csc.sg

Terms and conditions apply

- *While stocks last. • **Chalet rooms for stay during off-peak period from Monday to Thursday during non-school holidays.
- Upgrade to peak period subject to approval and room availability. • Collection of membership gift is strictly at Tessensohn Clubhouse.

Civil Service Club

Ordinary Membership Promotion

(For Public Service Officers) CNY Promotion ends 28 February 2018

Apply now at www.csc.sg/Membership
and receive a \$10 CSC Club voucher!

The Club for Public Service Officers. With one membership you will have access to three modern Clubhouses at Bukit Batok, Changi and Tessensohn, offering you a wide range of recreational facilities and social activities to meet your lifestyle needs and more. Your parents, spouse and children (up to 3 and below 21 years) are welcome to join the club as supplementary members for free! Only a \$10 card fee is needed.

Be it a movie treat, a weekend staycation, a bowling night out, a cooking class or a quiet yoga session there is always a treasured experience waiting to be discovered. Find out more at www.csc.sg



5 YEAR MEMBERSHIP \$360



Chalet 2 nights (offpeak)** stay
RRP \$296

Promo Code: CRN2N



Grunn i1-Ecobot Red
RRP \$239

Promo Code: ROBOT

OR



Guy Laroche Ladies
Bracelet Watch*
RRP \$270

Promo Code: GL

OR

Kristen
Bread Maker*
RRP \$349

Promo Code: KBM



4 YEAR MEMBERSHIP \$288



3 YEAR MEMBERSHIP \$216



Morries BBQ Grill
with Hot Pot*
RRP \$109

Promo Code: HOTPOT

OR



Exclusive 28"
Blue CSC Luggage*
RRP \$80

Promo Code: LUG2



Lifesense
Band 2*
RRP \$88

Promo Code: LS



OSIM uSnooz
Massage Wrap*
RRP \$69.90

Promo Code: OSIMMW

OR

2 YEAR MEMBERSHIP \$144

1 YEAR MEMBERSHIP \$72

Morries
Travel Kettle*
RRP \$29.90

Promo Code: MTK



<http://www.csc.sg> | 6391 5604 / 6514 6396 | membership@csc.sg

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